

Macomb Township Parks & Recreation Department

# R.E.A.C.H.

Recreation Events Activities & Center Happenings

20699 Macomb Street • Macomb, MI 48042 • (586) 992-2900  
(Off Broughton Road, south of 25 Mile Road)



*INSIDE:*

**Friday Night Frenzy  
Family Ice Skating**

See Pages 9

**Monty Python's  
Spamalot**

Details on Page 11

**Holiday Lighting  
Ceremony**

Details on Page 9

**Hugs & Kisses  
Bracelet Class**

Details on Page 16



## DEAR RESIDENTS,

With Phase II of the Recreation Center under way the Parks and Recreation Department is as busy as ever. As the summer season comes to a close, it is time to start planning your activities for the fall. Please look over our fall edition of R.E.A.C.H. Our staff has worked hard to offer programs for all ages. Hopefully you and your family will be able to join us for some of the programs being offered. Any feedback concerning our department is always welcome. Please contact us at parks-rec@macomb-mi.gov or (586) 992-2900 and remember we are "Creating Community through People, Parks and Programs!"

Sincerely,

**The Macomb Township  
Parks and Recreation Department**

## PARKS & RECREATION

Creating Community Through People, Parks & Programs

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### ON OUR COVER:

A wide variety of community activities are available through the Macomb Township Parks and Recreation Department.

## REGISTRATION PROCEDURE!

### RESIDENT REGISTRATION

**Advanced Registration for Macomb Township Residents will take place Saturday, August 26, 2006 from 8:00AM-11:30AM at the Macomb Township Recreation Center.**

Registrations will NOT be accepted after 11:30AM on this day.

**WE ACCEPT CASH AND CHECK PAYMENTS ONLY. PLEASE BRING A DRIVER'S LICENSE OR OTHER PICTURE IDENTIFICATION.**

### RESIDENT WALK-IN REGISTRATION

Registrations will be accepted from Macomb Township Residents on Monday, August 28 and Tuesday, August 29 from 8:00AM-8:00PM at the Macomb Township Recreation Center.

### SWIM LESSON INFORMATION

Those individuals wishing to register for swimming lessons who have not previously taken a swim test or participated in our swim lessons must take a swim test. Swimming tests will be conducted on August 26 during the time of registration. Additional swim test dates are August 28 - September 1. Please read pages 3-5 in this brochure for detailed information regarding swim lessons and swim tests. **Only Resident Registrations will be processed August 26.**

**Registrations will NOT be accepted after 11:30AM on this day.**

### MAIL-IN REGISTRATION

Mail-in registrations from residents will be processed on Wednesday, August 30 from 8:00AM-12:00PM. In the event the class is full, you will be notified.

### OPEN REGISTRATION

Beginning Wednesday, August 30 at 12:00PM, open registration will begin for everyone. Registrations will be taken at the following times: Monday-Friday, 8:00AM-8:00PM; Saturdays, 9:00AM-4:00PM; Sundays, 1:00PM- 4:00PM.

## ATTENTION PATRONS

All patrons signing up for Macomb Township Parks and Recreation activities are allowed to register members of their immediate family and one other family only. A signed registration form with name and address and separate payment must be provided for each family.

Thank you for your cooperation.

**Macomb Township Parks and Recreation**



**ATTENTION AQUATICS PARTICIPANTS**

Swim lesson participants will be permitted into the facility **NO SOONER THAN 15 MINUTES** prior to the start of the swim lesson session (i.e., Weekday afternoon lessons will be allowed in at 4:00PM). For earlier admittance you must be a member and check in at the front desk or purchase a daily pass.

**WATER AEROBICS****Macomb Township Recreation Center**

**20699 Macomb St.** (off Broughton Rd., south of 25 Mile Rd.)

Come and splash away the pounds with our NEW water aerobics program. This shallow water workout program combines water and weights for a thorough cross training experience. You will notice an increase in strength and cardiovascular fitness. This class caters to all fitness levels. Beginners are encouraged to attend. It's a great program for anyone and is particularly suited to those who experience minor joint, knee or back problems.

Class Size: Minimum 10, Maximum 25

**Two-day per week class:**

MTR Fee: \$62.00

NR Fee: \$67.00

MTRC Members receive \$5.00 discount

**One-day per week class:**

MTR Fee: \$31.00

NR Fee: \$36.00

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
<b>321319-A</b>	Mo/We	Sep. 11-Oct. 25	9-10AM
<b>321319-B</b>	Mo/We	Sep. 11-Oct. 25	6-7PM
<b>321319-C</b>	Tu/Th	Sep. 12-Oct. 26	9-10AM
<b>321319-D</b>	Tu/Th	Sep. 12-Oct. 26	6-7PM
<b>321319-E</b>	One-day per week		

Session II	Days	Dates	Time
<b>321319-F</b>	Mo/We	Nov. 1-Dec. 20*	9-10AM
<b>321319-G</b>	Mo/We	Nov. 1-Dec. 20*	6-7PM
<b>321319-H</b>	Tu/Th	Nov. 2-Dec. 21**	9-10AM
<b>321319-I</b>	Tu/Th	Nov. 2-Dec. 21**	6-7PM
<b>321319-J</b>	One-day per week		

\* No Class 11/22    \*\*No Class 11/23

**MAKE-UP POLICY: Water Aerobic Classes**

Make-up Water Aerobic Classes will be scheduled ONLY if the pool is closed due to weather or maintenance, causing classes to be cancelled. The make-up class would occur on the next day in the sequence of classes after the last schedule class date. (e.g., If the last class is on Monday, December 19, the make-up would be Wednesday, December 21). If you miss a class due to personal reasons, you are welcome to attend one of the other scheduled water aerobics classes before the last day of the session.

**WATER AEROBICS PUNCH CARD POLICY**

Registered participants will receive their Water Aerobics punch card on the first day of class at the front desk.

1. Present water aerobics punch card to Front Desk Staff for admittance into building.
2. Before entry into the pool for class, stop at the table labeled **Water Aerobics Check-In**. A member of the aquatic staff will be there to punch your card. We will have a storage bin for you to leave your card in during class.
3. When class is over, please pick up your card. The cards will be alphabetized for easy pick-up. Your card will be needed to enter the building for the next class.
4. **Participants will not be allowed to participate without their punch card.**

**ADULT SWIM LESSONS****Macomb Township Recreation Center**

**20699 Macomb St.** (off Broughton Rd., south of 25 Mile Rd.)

See chart on page 5 for class dates and times

MTR Fee: \$65.00    NR Fee: \$70.00

MTRC Members receive \$5.00 discount

Participants will discuss their goals for this class with the instructor prior to beginning class. Instructor will cater the lesson to meet your goals. Whether you want to refine strokes or have never been in the water before, we will get you moving in the direction you need.

**DAYTIME SWIM LESSONS****Macomb Township Recreation Center**

**20699 Macomb St.** (off Broughton Rd., south of 25 Mile Rd.)

Do you and your child have earlier availability to come to swim lessons? We are now offering a Level 1 and Level 2 swim class in the early afternoon. Please read the descriptions and details for these lessons on Page 4. Swim Tests will be required for these classes if your child has not already participated in our swim program in the past.

MTR Fee: \$45.00    NR Fee: \$50.00

MTRC Members receive \$5.00 discount

Class size: Minimum 3, Maximum 6

Session I	Days	Dates	Times
<b>316001-X</b>	Mo	Oct. 2-Dec. 4	1:00-1:30PM
<b>316002-T</b>	Mo	Oct. 2-Dec. 4	1:35-2:05PM



## SWIM LESSONS

(Ages 6 months - Adult)

**Macomb Township Recreation Center**

**20699 Macomb Street** (off Broughton Rd., south of 25 Mile Rd.)

**REGISTRATION BEGINS August 26, 2006**

Formal swim lessons are available for participants from 5 years through adult. Special Programs are also available for preschoolers as young as six months old. Qualified and dedicated instructors will provide swim instruction using the American Red Cross aquatic programs. The program teaches water safety and swimming skills using a progressive approach. Therefore, with the exception of minimum age requirements, enrollment in the listed programs is determined by skill performance and not necessarily by age.

**Special Note:** Participants may be registered for only one section of swim lessons at a time. Registering for consecutive sections may result in the participant being enrolled in an inappropriate level for a later section, and cancellation may be required.

## PRESCHOOL SWIM LESSONS

(6 months - 4 years)

MTR Fee: \$40.00 NR Fee: \$45.00

MTRC Members receive \$5.00 discount

This fun program will help your child adjust to the water and prepare him or her for entry into the Learn-To-Swim program. It is a progressive 3-level program that explores underwater skills and buoyancy as well as introduces coordinated arm and leg movements on the child's front and back. Completion of this program should prepare your child for the 6-level Learn-To-Swim program.

### LEVEL A (6 months - 2 years)

(Parent must accompany child in the water)

**Class Size:** Minimum 5/Maximum 10

The goals of Level A are to provide experiences and activities for parents and children to: Learn to enter and exit water safely, feel comfortable in the water, submerge, explore buoyancy on front and back, change body position in water, and learn about choosing and using life jackets.

### LEVEL B (18 months - 4 years)

(Parent may accompany child in the water, not required)

**Class Size:** Minimum 2/Maximum 4

Level B will add upon the skills learned in Level A. Additional skills introduced will include: submerging in a rhythmic pattern, performing combined stroke on front and back.

### LEVEL C (3 - 4 years)

(Child works independently with instructor)

**Class Size:** Minimum 2/Maximum 4

Children enrolling in Level C should be comfortable in the water and working independently with an instructor. Children will explore deeper parts of the pool. They will also begin working on combined strokes on front and back. Successful completion of Level C will aid in a smooth transition into Level 1.

## REQUIRED SWIM TEST

**Macomb Township Recreation Center**

**20699 Macomb Street** (off Broughton Rd., south of 25 Mile Rd.)

All new students wishing to enroll in Levels 1 – 5 must participate in one of the REQUIRED swim tests to ensure correct placement in lessons. Preschool swim lessons do not require a swim test. Children should come prepared to swim.

### Swim Test Dates

Saturday, August 26, 2006 – 8:00-11:00AM.

(Must be done before registration can take place)

Mon.-Fri. – 6:00-8:00PM – August 28-September 1

Swim testing after Sep. 1 by appointment only. Please call 586-992-2900.

### Make-Up Swim Lessons

Make-up swim lessons will be scheduled ONLY if the pool is closed due to weather or maintenance, causing classes to be cancelled. The make-up class would occur on the next day in the sequence of classes after the last schedule class date. (e.g., If the last class is on Monday, June 12, the make-up would be Wednesday, June 14).

## LEARN-TO-SWIM

(5 years - 12 years)

MTR Fee: \$45.00 NR Fee: \$50.00

MTRC Members receive \$5.00 discount

**Class Size:** Minimum 3/Maximum 6

### Level 1 - Introduction to Water Skills

Participants will participate in activities which allow them to feel comfortable in the water and enjoy the water safely. Students will learn elementary aquatic skills such as breath control and underwater swimming, buoyancy, swimming on front and back and personal water safety.

(Prerequisite: Participation in Swim Test)

### Level 2 - Fundamental Aquatic Skills

Participants explore simultaneous and alternating arm and leg action on the front and back. This lays the foundation for future strokes such as freestyle, backstroke and butterfly.

(Prerequisite: A Learn-to-swim Level 1 certificate or demonstrated competency in Level 1 skills)

### Level 3 - Stroke Development

Participants will learn to coordinate the front and back crawls. They will also learn elements for the butterfly and the fundamentals of treading water.

(Prerequisite: A Learn-to-swim Level 2 certificate or demonstrated competency in Level 2 skills)

### Level 4 - Stroke Improvement

Participants will improve skills and increase endurance by swimming greater distances. Elementary backstroke, breaststroke and elements of sidestroke are introduced.

(Prerequisite: A Learn-to-swim Level 3 certificate or demonstrated competency in Level 3 skills)

### Adult Swim Lessons (13 years - Adult)

Participants will discuss their goals for this class with the instructor prior to beginning class. Instructor will cater the lesson to meet your goals. Whether you want to refine strokes or have never been in the water before, we will get you moving in the direction you need.

**PRESCHOOL SWIM PROGRAMS** (Ages 6 months to 4 years)

For detailed descriptions of the classes please see page 4.

**NO CLASSES November 22, 23 & 25**

DATE/DAYS	LEVEL A		LEVEL B		LEVEL C	
<b>Session 1</b> Mo/We Sep. 18-Oct. 18	9:50-10:10AM 5:05-5:25PM	316007-A 316007-B	9:00-9:20AM 4:40-5:20PM 5:30-5:50PM	316008-A 316008-B 316008-C	9:25-9:45AM 10:15-10:35AM 4:15-4:35AM	316009-A 316009-B 316009-C
<b>Session 2</b> Tu/Th Sep. 19-Oct. 19	5:05-5:25PM	316007-C	9:25-9:45AM 10:15-10:35AM 4:15-4:35PM 5:30-5:50PM	316008-D 316008-E 316008-F 316008-G	9:00-9:20AM 9:50-10:10AM 4:40-5:00PM	316009-D 316009-E 316009-F
<b>Session 3</b> Saturdays Oct. 7-Dec. 16	9:50-10:10AM 10:40-11:00AM	316007-D 316007-E	9:00-9:20AM 9:25-9:45AM 11:05-11:25AM 11:30-11:50AM	316008-H 316008-I 316008-J 316008-K	9:00-9:20AM 9:25-9:45AM 9:50-10:10AM 10:40-11:00AM 11:05-11:25AM 11:30-11:50AM	316009-G 316009-H 316009-I 316009-J 316009-K 316009-L
<b>Session 4</b> Mo/We Nov. 6-Dec. 11	5:05-5:25PM	316007-F	9:25-9:45AM 10:15-10:35AM 4:15-4:35PM 5:30-5:50PM	316008-L 316008-M 316008-N 316008-O	9:00-9:20AM 9:50-10:10AM 4:40-5:00PM	316009-M 316009-N 316009-O
<b>Session 5</b> Tu/Th Nov. 7-Dec. 12	9:50-10:10AM 5:05-5:25PM	316007-G 316007-H	9:00-9:20AM 4:40-5:00PM 5:30-5:50PM	316008-P 316008-Q 316008-R	9:25-9:45AM 10:15-10:35PM 4:15-4:35PM	316009-P 316009-Q 316009-R

**LEARN-TO-SWIM PROGRAMS** (Ages 5 years - 13 years)

For detailed descriptions of the classes please see page 4.

**NO CLASSES November 22, 23 & 25**

DATE/DAYS	LEVEL 1		LEVEL 2		LEVEL 3	
<b>Session 1</b> Mo/We Sep. 18-Oct. 18	10:45-11:15AM 4:15-4:45PM 4:15-4:45PM 4:50-5:20PM 5:25-5:55PM	316001-A 316001-B 316001-C 316001-D 316001-E	4:15-4:45PM 4:50-5:20PM 5:25-5:55PM	316002-A 316002-B 316002-C	5:25-5:55PM	316003-A
<b>Session 2</b> Tu/Th Sep. 19-Oct. 19	10:45-11:15PM 4:15-4:45PM 4:50-5:20PM 5:25-5:55PM	316001-F 316001-G 316001-H 316001-I	4:15-4:45PM 4:15-4:45PM 4:50-5:20PM 5:25-5:55PM	316002-D 316002-E 316002-F 316002-G	5:25-5:55PM	316003-B
<b>Session 3</b> Saturdays Oct. 7-Dec. 16	9:00-9:30AM 9:35-10:05AM 10:10-10:40AM 10:45-11:15AM 11:20-11:50AM	316001-J 316001-K 316001-L 316001-M 316001-N	9:00-9:30AM 9:35-10:05AM 10:10-10:40AM 10:45-11:15AM 11:20-11:50AM	316002-H 316002-I 316002-J 316002-K 316002-L	9:00-9:30AM 10:10-10:40AM 11:20-11:50AM	316003-C 316003-D 316003-E
<b>Session 4</b> Mo/We Nov. 6-Dec. 11	10:45-11:15AM 4:15-4:45PM 4:50-5:20PM 5:25-5:55PM	316001-O 316001-P 316001-Q 316001-R	4:15-4:45PM 4:15-4:45PM 4:50-5:20PM 5:25-5:55PM	316002-M 316002-N 316002-O 316002-P	5:25-5:55PM	316003-F
<b>Session 5</b> Tu/Th Nov. 7-Dec. 12	10:45-11:15AM 4:15-4:45PM 4:15-4:45PM 4:50-5:20PM 5:25-5:55PM	316001-S 316001-T 316001-U 316001-V 316001-W	4:15-4:45PM 4:50-5:20PM 5:25-5:55PM	316002-Q 316002-R 316002-S	5:25-5:55PM	316003-G

DATE/DAYS	LEVEL 4		ADULTS (13 years - Adult)		
<b>Session 1</b> Mo/We Sep. 18-Oct. 18	4:50-5:20PM	316004-A	7:30-8:00PM 8:05-8:35PM	326001-A 326001-B	
<b>Session 2</b> Tu/Th Sep. 19-Oct. 19	4:50-5:20PM	316004-B			
<b>Session 3</b> Saturdays Oct. 7-Dec. 16	9:35-10:05AM 10:45-11:15AM	316004-C 316004-D			
<b>Session 4</b> Mo/We Nov. 6-Dec. 11	4:50-5:20PM	316004-E	7:30-8:00PM 8:05-8:35PM	326001-C 326001-D	
<b>Session 5</b> Tu/Th Nov. 7-Dec. 12	4:50-5:20PM	316004-F			



## MACOMB TOWNSHIP RECREATION CENTER

20699 Macomb Street (off Broughton Rd., south of 25 Mile Rd.)

### AQUATIC AREA

The MTRC Aquatics Center has a variety of features sure to provide fun to everyone of every age. Our water playground begins with a zero depth entrance where you can walk through or around geysers. This pool features a multi-level playground where children can interact with water controlling devices before shooting through the slide. This pool reaches a maximum depth of 18 inches.

For the more adventurous type, try our three story water slide. This journey begins as you climb the stairs up to the top of the center. The slide will take you around several curves before you exit into our splash down pool.

Others can stroll around in our lazy river, where a waterfall awaits those who choose. Inside our river is a vortex where guests are spun around by circular water movement.

Ever wanted to walk on water? You can attempt to walk across our floating log walk. There are lap lanes for those who still enjoy a good swim. After this much enjoyment our older guests can relax in our hot tub! Or catch some rays on our outdoor sundeck.



### FITNESS CENTER

The MTRC fitness center consists of 7,400 sq. ft. of Cardiovascular Equipment, Selective Machines, & Free Weights. **You must be 14 years of age or older to be on the second floor.**

- Treadmills
- Elliptical Crosstrainers
- Total Body Elliptical
- Nu Step
- Recumbent & Upright Bicycles
- Stair Climbers
- Selectorized Machines
- Dumbbells
- Curl Bars
- Multi-Functional Trainers
- Smith Press & Leg Press Station
- Cable Tower System
- 16 Station Circuit Training
- Incline Benches
- Over 1,500 lbs. of weight plates



### Party Room

The Party Room is a perfect place to host your child's next birthday party! Located off the pool deck, sun deck, and main atrium, it's the perfect location to enjoy the center. The room is equipped with its own counter and sink!

### Tree-Top Town

Come play among the trees and enjoy our indoor play structure with slides, tubes, rock climbing walls, and movable helicopter and interactive toys. This large indoor play structure is ideal for children 10 years of age and under. An additional small play structure is available for toddlers. The room is floored with a soft play surface. Parents must accompany children. Socks are required.

### Tadpole Town Child Watch

Two hour maximum child watch for ages 6 months to 10 years old. Various activities are offered such as games, movies, board games, arts-n-crafts, coloring, etc. The room is equipped with a small child's restroom.

### Game Room

Guests can enjoy playing billiards, foosball, bubble hockey, or a wide variety of board games can be used while visiting.

### Exercise Room

Equipped with a floating Sportwood Altra Star floor, a state of the art sound system, and two mirrored walls; Aerobics, Dance, and other exercise related activities have never been so enjoyable.

### Locker Rooms

Separate male and female locker rooms and shower rooms. Each is equipped with lockers for storage of clothing. Guests must bring in their own lock.

### Family Changing Cabanas

6 cabanas especially designed for families are available for use. Each is equipped with a shower, changing station, sink and toilet. Larger lockers are located outside of rooms for storage of multiple guests' items.

## LOOKING FOR A PLACE TO HOST A B-DAY PARTY?

Look no further than the Macomb Township Recreation Center. Parties can be booked up to 1 year in advance. A variety of food packages are available to choose from.

Contact the Front Desk for additional information.

### AEROBICS POLICY

Registered participants will receive their Aerobics punch card on the first day of their class. Two (2) times per week classes will receive a Fourteen (14) Aerobics punch card; One (1) day classes will receive a Seven (7) Aerobics punch card. It is the responsibility of each participant to bring their cards with them to each class. Participants will not be allowed to participate without their punch cards. Cards expire the last day of class.

### DROP-IN AEROBICS

#### Schedule and Rates

During various weeks the Macomb Township Recreation Center will conduct drop-in aerobics classes daily. The fee during this one week period is \$5.00 per class held Monday-Friday; and \$6.00 during Saturday classes. Current Macomb Township Members will be admitted free to these classes. During regular sessions, the drop-in rate is \$10.00 per class.



## MTRC

The Macomb Township Recreation Center (MTRC) was built for the recreational enjoyment of all members and our guests. Please treat the facility, other patrons and staff with respect. If you have any questions, a detailed list of facility rules is available at the reception desk.

- Children 10 years of age and under must be accompanied by an adult.
- Guests must bring their own locks. (May be purchased from Front Desk)
- Guests must be 14 years of age or older with proof to utilize the Fitness Center.

## HOURS OF OPERATION

**20699 Macomb St.** (off Broughton Rd, south of 25 Mile Rd)  
**(586) 992-2900**

Monday – Friday ..... 6:00AM – 10:00PM  
Saturday ..... 8:00AM – 8:00PM  
Sunday ..... 10:00AM – 6:00PM

**Aquatics schedule varies, please stop by front desk for schedule.**

## Tadpole Town Child Watch

Monday – Saturday ..... 8:30AM – 1:00PM  
Monday – Thursday ..... 4:00PM – 9:00PM

### \*\*Rates\*\*

Child watch is \$2.00 per hour for the initial child & \$1.00 per hour for each additional child. 2 hour maximum time per visit.

## MTRC DAILY FEES

Residents ..... \$5.<sup>00</sup>  
Non-Residents ..... \$10.<sup>00</sup>  
Children 3 and under are admitted free with paying adult.

## MTRC MEMBERSHIP FEES

### Monthly

(Monthly Deductions from Checking or Savings account)

	MTR	NR
Head of Household .....	\$25. <sup>00</sup>	\$50. <sup>00</sup>
Spouse .....	\$15. <sup>00</sup>	\$30. <sup>00</sup>
Dependent .....	\$10. <sup>00</sup>	\$20. <sup>00</sup>
Seniors (55+) .....	\$15. <sup>00</sup>	\$30. <sup>00</sup>

### Annual Membership

	MTR	NR
Head of Household .....	\$300. <sup>00</sup>	\$600. <sup>00</sup>
Spouse .....	\$180. <sup>00</sup>	\$360. <sup>00</sup>
Dependent .....	\$120. <sup>00</sup>	\$240. <sup>00</sup>
Seniors (55+) .....	\$180. <sup>00</sup>	\$360. <sup>00</sup>

**Children 3 and under are admitted free with paying adult. One Month Trial Membership rates are available; ask the front desk for further info.**

**All patrons must show proof of residency to receive resident rate:**

- **Valid Driver's License OR**
- **School ID with: Home Utility Bill  
School Report Card**

## LOST & FOUND POLICY

Lost & found items will be kept at the Macomb Township Recreation Center for 30 days. After 30 days all items will be donated to a local charity. Please contact a staff member if you accidentally left any of your belongings at the Recreation Center during your visit.

## INCLEMENT WEATHER

Call the Macomb Township Hotline at 586-992-2909 to hear program cancellations or delays due to weather. Cancelled classes will be announced at least 45 minutes prior to the start of the class. Remember, a morning class cancellation will not automatically mean evening classes are cancelled. Keep informed, call our hotline.

## MTRC HOLIDAY HOURS

The Macomb Township Recreation Center will have modified hours during Holidays & Special Events:

Facility Hours ..... 8:00AM – 5:00PM  
Open Swim Hours ..... 12:00PM – 4:00PM

**Monday, September 4, 2006**

**Saturday, December 16, 2006**

**Monday, January 1, 2007**

Facility Hours ..... 10:00AM – 5:00PM  
Open Swim Hours ..... 12:00PM – 4:00PM

**Sunday, December 24, 2006**

**Sunday, December 31, 2006**

The Macomb Township Recreation Center will be closed on the following Holidays:

**Thursday, November 23, 2006**

**Monday, December 25, 2006**

## PERSONAL TRAINING

### Private & Semi-Private Personal Training Available

The Macomb Township Recreation Center offers Private & Semi-Private Personal Training with our Certified and Highly Knowledgeable Trainers.

### Members / Residents:

1 Hour Private Lesson ..... \$50.<sup>00</sup> per hr.  
1 Hour Semi-Private (2 Person) ..... \$70.<sup>00</sup> per hr.

### Non-Residents:

1 Hour Private Lesson ..... \$70.<sup>00</sup> per hr.  
1 Hour Semi-Private (2 Person) ..... \$90.<sup>00</sup> per hr.

For further information and to sign-up for personal training, please call or visit the Front Desk.

- Payment for personal training must be made at front desk upon arrival.
- 24 hr. advanced notification required for cancellations to reschedule.
- All personal training sessions are non-refundable.

**TEE UP FORE PARKS****4 Person Scramble Golf Outing****Cracklewood Golf Course****18215 24 Mile Road** (east of Romeo Plank Rd.)**Saturday, September 9****1:30PM Shotgun Start****Registration No. 222402-A (Twosome)****Registration No. 222402-B (Foursome)**

\$77.00 per person

\$300.00 per foursome

This four person scramble includes 18 holes of golf, cart, three (3) tickets for on course beverages or hot dogs, a buffet style dinner after golf, event gift, prize holes, and awards to the top finishing teams for both men's division and co-ed division (teams comprised of two males and two females.)

Shotgun start at 1:30pm. All players should check-in for the event between 12:15-1:15PM.

Sign-up today! Registration is continuing from summer!

Register at the Macomb Township Parks & Recreation Center.

**THANK YOU!**

Our thanks to the following businesses for sponsoring holes at the 2006 Tee Up Fore Parks Golf Outing. This list of sponsors is as of August 2. Sponsorship opportunities are still available. If your business would like to become involved with this event, please contact the Parks & Recreation Department at (586) 992-2900.

**Spalding DeDecker Associates –  
Engineering Consultants**

**Neumann/Smith - Architects**

**Polaris Enterprises**

**Card/21 Shoppes**

**Express Builders/Steve and Mike Rizzo**

**Beckett & Raeder, Inc.-Landscape Architects,  
Planners & Engineers (sponsoring 2 holes)**

**Interested in sponsoring this event?  
Hole Sponsorships are available for \$150 per hole.**

**ALL HALLOW'S EVE SPOOKTACULAR****A Family Dress-up Costume Carnival****Premier Training Center****51379 Quadrate Drive** (located in the Quadrate Park Complex, off 23 Mile Rd, between Hayes and Romeo Plank Rd)**Friday, Oct. 20****6:00-9:30PM****Registration No. 344302-A**

MTR Fee: \$7.00/person\*

NR Fee: \$12.00/person\*

\*(All ages-adults &amp; children)

The best Halloween party around! Everyone is invited to get in the spirit of the season and dress-up in a costume for a "frightfully" fun night. Join in the fun and games, kid's

activities, entertainment, DJ playing family friendly dance tunes, and more surprises. Concessions can also be purchased at the event.

Ticket sales are limited and must be purchased in advance. There will be no tickets sold at the door. Tickets on sale until Friday, October 13, or until sold out (whichever comes first). Don't delay . . . we sell out every year.

Ticket sales are limited to 6 per household.

Group reservations (larger than six) will be taken beginning August 30, after 12 noon.

Coolers and "outside" food are not allowed – concessions will be available for sale at the event.

**NEW LOCATION!****PUNT, PASS & KICK****Free Football Skills Contest****Macomb Corners Park****25 Mile Road** (east of Luchtman Road)**Friday, September 15 – 6PM****Registration No. 322101-A**

The official skills contest of the National Football League is coming to Macomb Township! This fun, free competition features three important aspects of football – punting, passing, and kicking. The national contest is sponsored by Pepsi and the NFL and coordinated in Michigan through the Michigan Recreation & Park Association.

The competition is open to youngsters 8-15 years of age as of December 31, 2006, with separate divisions for boys and girls competing in 8-9yrs, 10-11 yrs, 12-13 yrs, and 14-15 yrs.

Registration forms are available at the Recreation Center. All participants should register by Tuesday, Sep. 12, in person at the Recreation Center, to fill out the necessary paperwork and provide a copy of the participant's birth certificate.

Contest rules require that all participants provide a copy of their birth certificate at the time of registration in order to be eligible to participate.

During the competition, participants must wear regular gym shoes. Cleats are not allowed. Each participant will only use the specific equipment (footballs and kicking tee) provided for this event by Macomb Township Parks & Recreation.

Thanks to the Macomb Mustangs for their support of this event and for promoting youth football and fitness.

**FREE**



**EUCHRE PARTY****Adults 21 & Above****Cracklewood Golf Course**  
**18215 24 Mile Road**

(east of Romeo Plank Road)

**Saturday, Nov. 4****6:00-10:00PM****Registration No. 324202-A**

MTR Fee: \$20.00 NR Fee: \$25.00

Come and play Euchre at this fun-filled (not too competitive) party. A great way to meet new people! Sign up as a single player and your partner and opponents will be chosen by a "Luck of the Draw" format in which you will meet and play with different people throughout the night.

Includes: Euchre Party entry fee, pizza and salad dinner, dessert, coffee, one entry into door prize raffle, and prizes for the top finishers.

A cash bar will be available (on your own.)

Limited to the first 100 people. Register early, the event always sells out! All players MUST know how to play Euchre in order to register and participate in this event. The Euchre Party is a non-smoking event!

Event check-in and dinner will be at 6pm, with play starting after dinner.

**SANTA'S SLEEPY STORYTIME****Magical Holiday Fun****Marvin Blank Senior Center****19925 23 Mile Rd.** (one mile east of Romeo Plank)**Registration Required****All Storytimes are from 7:00-8:45PM****Doors open at 6:50PM****Friday, Dec. 1****Registration No. 344301-A****Saturday, Dec. 2****Registration No. 344301-B****Sunday, Dec. 3****Registration No. 344301-C**MTR Fee: \$5.00 **per person all ages-adults and children**NR Fee: \$10.00 **per person all ages-adults and children**

Hey kids, are you going to be on Santa's "Good List" this year? If so, you are invited to spend the evening with the "Jolly ol' Elf" himself. Wear your favorite pajamas and bring a warm blanket to sit on so you can "cozy up" and listen as Santa reads from his favorite holiday stories.

Afterwards you'll have a chance to visit with Santa (remember to bring your camera) and receive a special holiday give-away! You will also enjoy punch and cookies and join in more special holiday fun.

**Doors open at 6:50pm-please plan accordingly.**  
**Event begins at 7pm.**

**FRIDAY NIGHT FRENZY****Suburban Ice-Macomb****54755 Broughton Rd.** (south of 25 Mile)**Friday, September 15, 2006****6:15-8:15PM****Registration No. 344700-A****Pre Registration**

MTR Fee: \$2.00 NR Fee: \$7.00

**Fees at the door**

MTR Fee: \$5.00 NR Fee: \$10.00

It's back to school for everyone! Let's get in one last Hoorah before we bid farewell to summer. Join us for an evening of ice skating at Suburban Ice-Macomb. Macomb Township Parks & Recreation Department invites you and your family for an evening of exclusive ice time. One rink will be set aside for us for open ice skating. The café and arcades will be open. Registration fee is for admission ONLY. Bring money for skate rentals, café and arcades.

**PRE-REGISTRATION IS ENCOURAGED!**

Proof of residency will be required for Resident Rate

**2ND ANNUAL  
HOLIDAY LIGHTING CEREMONY****FREE****Macomb Township Hall****Wednesday, November 29, 2006****7:00PM**

Come join the Macomb Township Parks and Recreation Department as we kick off the holiday season with our 2nd Annual Holiday Lighting Ceremony. Tree lighting, caroling and a visit from Santa Claus will all be in store to help put us in the holiday mood.

Mark your calendars for Wednesday, November 29, 2006, at 7:00PM in front of Township Hall for this free event.

Sponsored in part by: Central Macomb Optimist Club

**The Macomb Township Recreation Center is an official drop off site for the Toys for Tots collection.**



**"TAKE ME OUT TO THE BALLGAME"****Mother & Son Event - At Comerica Park****Detroit Tigers vs Kansas City Royals****Sunday, Oct. 1****11:15AM Departure****1:05PM Game Time****Registration No. 344102-A**

MTR Fee: \$15.00 per person all ages—adults and children

NR Fee: \$20.00 per person all ages—adults and children

Mom's and sons - here's your chance to spend a day together and enjoy the last official day of summer in Michigan—the last Tiger's regular season home game.

Package includes game ticket, transportation by luxury motor coach, commemorative mom/son photo, and memories that will last a lifetime.



It's fan appreciation weekend, and several lucky fans will win actual game-worn Detroit Tigers jerseys. It's Kids Day, and youngsters will have the chance to run the bases for one last time. All group tickets are located in the bleachers, section 102.

We will depart from the Marvin Blank Senior Center parking lot, located at 19925 23 Mile Road, east of Romeo Plank Road, at 11:15AM, and return to Macomb Township after the kids run the bases immediately following the game.

Register at the community recreation center. Don't delay! Tickets will sell out fast!

At the time of registration (if you are signing up with other moms and sons) please include who you would like to sit with at the game/ride with on the same bus.

**DISNEY ON ICE**  
**100 YEARS OF MAGIC**
**At The Palace of Auburn Hills****Saturday, Oct. 14****9:45AM Departure****11:30AM Show Time****Registration No. 343100-C**

MTR Fee: \$25.00 NR Fee: \$30.00

Children under 2 and sitting on a lap of parent

MTR Fee: \$5.00 NR Fee: \$10.00

Experience Disney magic-on ice! This spectacular ice show features characters from throughout the history of Disney, with new special guests from Finding Nemo and The Incredibles.

We will depart from the Marvin Blank Senior Center parking lot, located at 19925 23 Mile Road, east of Romeo Plank Road, at 9:45AM, and return to Macomb Township immediately following the show.

**JESUS CHRIST SUPERSTAR****Macomb Center for the Performing Arts****44575 Garfield Rd.** (Southwest Corner of Garfield and M-59)**Saturday, October 14****Showtime: 8:00PM****Registration No. 323100-C**

MTR Fee: \$40.00 NR Fee: \$45.00

This first masterpiece from the legendary writing team of Tim Rice and Andrew Lloyd Webber, exploded onto the scene in 1971, changing the world of musical theatre forever. With a score of amazing songs, "I Don't Know How To Love Him," "Hosanna," "Everything's Alright," "What's the Buzz," "Superstar" and Heaven on Their Mind," this groundbreaking production starring Ted Neely in his farewell tour is as relevant and timeless as ever.

Tickets will be available near the Will Call area the night of the performance by a Macomb Township Parks & Recreation Staff member. Please meet at Will Call no later than 7:45 p.m. to pick up tickets.

**DETROIT LIONS VS. ATLANTA FALCONS****At Ford Field****Sunday, Nov. 5****11:00AM Departure****1pm Game Time****Registration No. 343200-A**

MTR Fee: \$45.00 NR Fee: \$50.00

Here's your chance to experience the excitement of NFL football, Ford Field, and the Detroit Lions!

All group tickets are located in The Family Fun Zone (upper bowl), a NO ALCOHOL, NO PROFANITY AREA, in sections 337-340. This family friendly group outing is available to those who agree to abide by the policies of The Family Fun Zone.

We will depart from the Marvin Blank Senior Center parking lot, located at 19925 23 Mile Road, east of Romeo Plank Road, at 11:00AM, and return to Macomb Township immediately following the game.

Fee includes game ticket and transportation by luxury motor coach. Register at the community recreation center. Ticket sales are limited to 6 per household.



## MONTY PYTHON'S SPAMALOT

**Fisher Theatre**  
**3011 W. Grand Blvd.**  
**Registration No. 313100-B**

Winner of the 2005 Tony Award for Best Musical, MONTY PYTHON'S SPAMALOT is the outrageous new musical comedy lovingly ripped off from the film classic "Monty Python and the Holy Grail". Directed by Tony Award-winner Mike Nichols, with a book by Eric Idle and music and lyrics by the Grammy Award winning team of Mr. Idle and John Du Prez, SPAMALOT tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen and show-stopping musical numbers are just a few of the reasons audiences everywhere are eating up SPAMALOT.

Reservations will taken beginning August 26, 2006. Show dates, times and fees are currently not available. Tickets will be for an evening December/January show. Participants will be called when this information becomes available and registrations will be taken at that time.

*Departure Time: 6:15pm from the Marvin Blank Senior Center  
 19925 23 Mile Rd. (one mile east of Romeo Plank)*



## THE DIAMOND'S

**Frankenmuth, MI**

**Tuesday, December 5, 2006**

**8:30AM-6:00PM**

**Registration No. 323100-D**

MTR Fee: \$74.00 NR Fee: \$79.00

This is absolutely one of the most "polished" acts touring today! Their Christmas Show showcases the fabulous four-part harmony, multiple talents as instrumentalists and incomparable ability to entertain an audience that has kept "The Diamonds" performing for five decades! It's been almost fifty years since The Diamonds released an instant selling it called "Little Darlin'." The diamonds continue to expand their audience to this day by performing in a variety of venues around the world. This marvelous show is an absolute crowd pleaser.

Enjoy lunch at the Bavarian Inn, and time for shopping after the show.

Depart from the Marvin Blank Senior Center, 19925 23 Mile Road (one mile east of Romeo Plank). Participants will be called in advance for departure and return times.

Approximate departure time 8:30AM. Approximate return time 6:00PM.

## MOVIN' OUT

**Fisher Theatre**  
**3011 W. Grand Blvd.**  
**Registration No. 323100-A**

Movin' Out, the spectacular new musical by legendary director/choreographer Twyla Tharp and 5-time Grammy winner Billy Joel, returns to Detroit! Don't miss the show that the Detroit Free Press says is "powerful, uplifting and heartbreaking. Four Stars"

Movin' Out brings 24 Billy Joel classics to electrifying new life as it tells the story of 5 life-long friends over 2 turbulent decades. It all adds up to one unforgettable Broadway musical the New York Times calls "even better the second time around!"

Reservations will taken beginning August 26, 2006. Show dates, times and fees are currently not available. Tickets will be for an evening November show. Participants will be called when this information becomes available and registrations will be taken at that time.

*Departure Time: 6:15pm from the Marvin Blank Senior Center  
 19925 23 Mile Rd. (one mile east of Romeo Plank)*

## HOLIDAY NIGHTS

**At Greenfield Village**

**Saturday, December 9**

**5:00PM Departure**

**6:30-9:30PM Event Time**

**Registration No. 343100-D**

**Adult-Ages 13 years and above**

MTR Fee: \$17.00 NR Fee: \$22.00

**Youth-Ages 5-12 years**

MTR Fee: \$13.00 NR Fee: \$18.00

**Children-Ages 0-4 years**

MTR Fee: \$5.00 NR Fee: \$10.00

Re-live fond memories of the comfort and joy of Christmas past. Lit by the soft glow of hundreds of lanterns, this Greenfield Village after dark experience is a wonderful evening not to be missed as houses are open to explore 300 years of American holiday traditions.

Includes a turn-of-the century tree lot, ice skating (rentals available on-site), authentically decorated homes, carriage or sleigh rides, carolers, musicians, live reindeer, Santa and Mrs. Claus, shopping, and more. Concessions are available during this program at the Village for additional fees. The night concludes as you take party in a community sing-a-long on the Village Green complete with fireworks.

Dress for extreme cold weather conditions – most activities are held outdoors.

Tips for the trip: Bring winter hat, boots, gloves, and dress in layers. Bring flashlight for walking around village-streets are dimly lit. Bring snacks and beverages for bus trip to and from village.

Trip includes transportation by luxury motor coach and admission to Holiday Village Night Program.

Excursion departs from the Marvin Blank Senior Center, 19925 23 Mile Rd, east of Romeo Plank, at 5pm.







## MEN'S & WOMEN'S 55+ BOWLING

### Kingswood Lanes

49925 N. Groesbeck, Clinton Twp (south of Hall Rd.)

Wednesdays, Sep 20, 2006-Mar 7, 2007

10:00AM League Time

Registration No. 332606-A

MTR Fee: \$5.00 League Registration Fee

NR Fee: \$10.00 League Registration Fee

Calling all bowlers ages 55 and above. Sign-up today for this league where all levels of ability are welcome.



Weekly league fee is \$6 per bowler, which includes: 3 games of bowling, shoe rental, coffee and cookies, and a banquet at the end of the season.

League runs 25 consecutive weeks, (there **WILL BE** bowling on Wednesday, November 22, the day before Thanksgiving) with a 9 pin no tap tourney scheduled on the last day of the league, March 7. Mark your calendar for the end of season banquet to be held on March 14.

## SENIOR MONDAY LUNCH BUNCH

### Marvin Blank Senior Center

19925 23 Mile Rd. (one mile east of Romeo Plank)

The Monday Lunch Bunch travels to new restaurants. Everyone orders their own lunch from the restaurant menu and pays for their own meal, sales tax and wait staff tip. These midday excursions are for folks 55 years and older who want to explore the cuisine of different restaurants and meet new friends and get together with old friends. Fees for transportation ONLY. Lunch (including tax & tip) is on your own.

MTR Fee: \$7.00 NR Fee: \$12.00

(for PF Chang's China Bistro & Castle Grill)

MTR Fee: \$17.00 NR Fee: \$22.00

(for Casino Windsor – \$15.00 food or coin voucher given on bus)

Group Size: Minimum 10, Maximum 40

Session I	Days	Times	Dates
333500-A	Mo	10:30AM-3:30PM	Sep. 25
		PF Chang's China Bistro/Somerset Mall	
		Registration Deadline: Sep. 18	
333500-B	Mo	10:30AM-3:30PM	Oct. 30
		Castle Grill/Canterbury Village	
		Registration Deadline: Oct. 23	
333500-C	Mo	9:00AM-5:00PM	Nov. 27
		Casino Windsor	
		Registration Deadline: Nov. 20	

## FOREVER FIT (SIT & GET FIT)

"It's never too late to start feeling great!"

Ages 55 & up

### Marvin Blank Senior Center

19925 23 Mile Road (one mile east of Romeo Plank Rd.)

"Use it or lose it." There's no population that benefits more from exercise than seniors. This program is designed with easy to follow exercises for beginners ages 55 & over. This class will help reduce the risks of many age-related medical conditions such as arthritis, diabetes, obesity, high blood pressure & cholesterol, osteoporosis, bone fractures, heart disease & depression. A great way to improve muscle tone, flexibility, coordination, gain energy, socialize, shape-up & have fun!

MTR Fee: \$47.00

NR Fee: \$52.00

Session I	Days	Dates	Time
331309-A	Tu/Th	Sep. 12-Oct. 19	8:30-9:30AM
Session II	Days	Dates	Time
331309-B	Tu/Th	Nov.9-Dec. 21	8:30-9:30AM

No Class on Thursday, November 23.

## WEIGHT MANAGEMENT AND FITNESS TECHNIQUES

**NEW!**

### Healthy Living

### Macomb Township Recreation Center

20699 Macomb St. (off Broughton Rd. south of 25 Mile Rd.)

Wednesday, October 4, 2006

7:00-8:00PM

Registration No. 321321-A

MTR Fee: \$15.00 NR Fee: \$20.00

MTRC Members receive \$5.00 discount

Learn how to take control of your metabolism, eat for maximum fat loss, and exercising for quick, easy and permanent results. Enjoy this weigh management program focusing on nutrition and exercise to achieve weight loss, reduce body fat and a leaner physique while learning proper eating habits. This one night program is led by a Lifestyle & Weight Management Consultant and personal trainer to teach you the tools and techniques for terrific results!  
**PRE-REGISTRATION REQUIRED.**

## PUNCH CARD REPLACEMENT POLICY

In the event a registered participant misplaces or loses their aerobics punch card during the current session, a replacement card will be issued with a 2 punch penalty. The replacement card will be punched up to the number of actual classes held to date, in addition to the 2 replacement fee punches.

**MILITARY-STYLE BOOT CAMP****NEW!****Macomb Township Recreation Center****20699 Macomb St.** (off Broughton Rd. south of 25 Mile Road)

This class is a General Fitness class with Intense Military style training. Traditional calisthenics alternated with short toning intervals to improve stamina. To maximize strength we use pyramid training. Starting easier and becoming harder and more intense. Runs, drills, jacks, push-ups, kicks, squats, lunges, and ab crunches. Everything you need to improve strength, muscle tone and achieve that washboard stomach. This class is not for everyone. If you are serious about getting in shape this class is for you.

MTR Fee: \$185.00

NR Fee: \$190.00

MTRC Members receive \$5.00 discount

Instructor: Maria Marino

Class held on Mon., Tues., Thurs., Fri.

(4 weeks/4 days a week)

Session	Dates	Time
<b>321325-A</b>	Sep. 11-Oct. 6	6:15-7:15AM
<b>321325-B</b>	Oct. 16-Nov. 10	6:15-7:15AM

**THE ULTIMATE BODY SCULPTING  
& AWESOME ABS****Lift Weights and Lose Weight****Macomb Township Recreation Center****20699 Macomb St.** (off Broughton Rd. south of 25 Mile Rd.)

Get ripped abs, toned legs and an overall lean physique – not a bulky physique. This class is definitely the ultimate; it's motivating and sure to tone every square inch of your body. Using weights is especially important for women to build bone density, but the truth is that working with weights increases your metabolism while creating more lean muscle. A great workout for all ages and levels of fitness. Please bring mats and free weights to class.

MTR Fee: \$62.00

NR Fee: \$67.00

MTRC Members receive \$5.00 discount

Instructor: Sandy Smitley

Session I	Days	Dates	Time
<b>321302-A</b>	Tu/Th	Sep. 12-Oct. 26	8:00-9:00PM
Session II	Days	Dates	Time
<b>321302-B</b>	Tu/Th	Nov. 7-Dec. 21	8:00-9:00PM

No Class on Thurs. Nov 23 – Participants must use punch card for make-up class during current session.

**PERSONAL GROUP TRAINING****Macomb Township Recreation Center****20699 Macomb St.** (off Broughton Rd. south of 25 Mile Rd.)

One hour of professional personalized training taught by certified personal trainer Maria Marino using various types of equipment with a fun motivating group of people. This class includes a variety of cardio with interval & strength training techniques. You'll also get nutrition tips from an expert on how to eat healthy and stay fit. A program designated to whip you into tiptop shape. Class is limited to 10.

MTR Fee: \$104.00

NR Fee: \$109.00

MTRC Members receive \$5.00 discount

Personal Trainer: Maria Marino

Session I	Days	Dates	Time
<b>321317-A</b>	Mo	Sep. 11-Oct. 23	6:30-7:30PM
<b>321317-B</b>	We	Sep. 13-Oct. 25	10:30-11:30AM
<b>321317-C</b>	Fr	Sep. 15-Oct. 27	9:30-10:30AM
Session II	Days	Dates	Time
<b>321317-D</b>	Mo	Nov. 6-Dec. 18	6:30-7:30PM
<b>321317-E</b>	We	Nov. 8-Dec. 20	10:30-11:30AM
<b>321317-F</b>	Fr	Nov. 10-Dec. 22	9:30-10:30AM

**AWESOME ABS &  
BODY SCULPTING WITH WEIGHTS!****Macomb Township Recreation Center****20699 Macomb St.** (off Broughton Rd. south of 25 Mile Rd.)

Lift weights & lose weight! Get ripped abs, toned legs & an overall lean physique — not a bulky physique. This class incorporates weight training to target & tone every square inch of your body. Using weights is especially important for women for building bone density. Working with weights increases your metabolism while creating more lean muscle! A great workout for all levels of fitness & all ages.

One-day per week class:

MTR Fee: \$31.00

NR Fee: \$36.00

MTRC Members receive \$5.00 discount

Two-day per week class:

MTR Fee: \$62.00

NR Fee: \$67.00

MTRC Members receive \$5.00 discount

Instructor: Kim Hannish

Session I	Days	Dates	Time
<b>321307-A</b>	Mo/We	Sep. 11-Oct. 25	10:45-11:45AM
<b>321307-B</b>	One day per Week		
Session II	Days	Dates	Time
<b>321307-C</b>	Mo/We	Nov. 6-Dec. 20	10:45-11:45AM
<b>321307-D</b>	One day per Week		



## CARDIO KICKBOXING (TAE-COMBO)

### Macomb Township Recreation Center

20699 Macomb St. (off Broughton Rd. south of 25 Mile Rd.)

Personal Trainer Maria Marino has combined some of the highest energy & motivating aerobics moves together with the aggressive, hard edge similar TAE-BO class moves. This class takes you to meet the fitness challenge of a lifetime. Maria caters to fitness enthusiasts of all ages & fitness levels. A great way to shape up, burn fat, stay healthy & have fun!!



One-day per week class:

MTR Fee: \$31.00 NR Fee: \$36.00

MTRC Members receive \$5.00 discount

Two-day per week class:

MTR Fee: \$62.00 NR Fee: \$67.00

MTRC Members receive \$5.00 discount

Instructor: Maria Marino

Session I	Days	Dates	Time
321301-A	Mo/We	Sep. 11-Oct. 25	9:30-10:30AM
321301-B	Tu/Th	Sep. 12-Oct. 26	9:30-10:30AM
321301-C	One day per Week		
Session II	Days	Dates	Time
321301-D	Mo/We	Nov. 6-Dec. 20	9:30-10:30AM
321301-E	Tu/Th	Nov. 7-Dec. 21	9:30-10:30PM
321301-F	One day per Week		

No Class on Thurs. Nov 23 – Participants must use punch card for make-up class during current session.

## INTERVAL TRAINING

(Cardio & Weights Combo)

### Macomb Township Recreation Center

20699 Macomb St. (off Broughton Rd. south of 25 Mile Rd.)

Get ready for this ultimate cardio & body-sculpting workout! Burn fat with a cardio & weight training workout that alternates 4-minute segments of cardio with 4-minute segments of weight training. We've added an incredible abdominal segment to make this a total body workout. Designed to maximize your strength & firm your entire body! A workout for individuals who want real results, real fast!

MTR Fee: \$62.00 NR Fee: \$67.00

MTRC Members receive \$5.00 discount

Instructor: Sandy Smitley

Session I	Days	Dates	Time
321314-A	Tu/Th	Sep. 12-Oct. 26	7:00-8:00PM
Session II	Days	Dates	Time
321314-B	Tu/Th	Nov. 7-Dec. 21	7:00-8:00PM

No Class on Thurs. Nov 23 – Participants must use punch card for make-up class during current session.

## CARDIO CORE (FITNESS BALL) TRAINING

### Macomb Township Recreation Center

20699 Macomb St. (off Broughton Rd. south of 25 Mile Rd.)

This program is a low impact, high-energy cardio routine to get your heart pumping and your body moving! The entire workout is done using a fitness ball. You'll develop a strong, lean and toned body. This class emphasizes on balance control and stability of the abdominals, obliques, glutes and lower back muscles. A great workout for that hard to lose mid-section. You'll definitely have a ball in this class! Please bring your own ball if you have one. Otherwise, a limited number of exercise balls are available.

One-day per week class:

MTR Fee: \$31.00 NR Fee: \$36.00

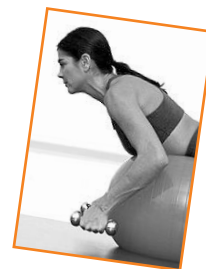
MTRC Members receive \$5.00 discount

Two-day per week class:

MTR Fee: \$62.00 NR Fee: \$67.00

MTRC Members receive \$5.00 discount

Instructor: Kelly Lambrecht



Session I	Days	Dates	Time
321322-A	Mo/We	Sep. 11-Oct. 25	7:45-8:45pm
321322-B	Fr	Sep. 15-Oct. 27	10:30-11:30am
Session II	Days	Dates	Time
321322-C	Mo/We	Nov. 6-Dec. 20	7:45-8:45pm
321322-D	Fr	Nov. 10-Dec. 22	10:30-11:30am

## FITNESS BALL CORE TRAINING W/WEIGHTS

### Macomb Township Recreation Center

20699 Macomb St. (off Broughton Rd. south of 25 Mile Rd.)

It's time to get on the ball & work the core of your body! You'll develop a Strong, Lean and Toned Body. The entire workout is done using the Fitness Ball & free weights. This class emphasis is on balance control & stability of the abdominals, obliques, glutes, and lower back muscles. A great workout for that hard to lose mid-section. Our weight training segment is a sure way to sculpt those muscles. If you are motivated by that infomercial (Core Secrets), you will LOVE this class. Please bring your own ball to class if you have one. Otherwise, a limited supply of exercise balls is available.

MTR Fee: \$62.00 NR Fee: \$67.00

MTRC Members receive \$5.00 discount

Instructor: Maria Marino

Session I	Days	Dates	Time
321323-A	Tu/Th	Sep. 12-Oct. 26	10:30-11:30AM
Session II	Days	Dates	Time
321323-B	Tu/Th	Nov. 7-Dec. 21	10:30-11:30AM

No Class on Thurs. Nov 23 – Participants must use punch card for make-up class during current session.



## CARDIO BLAST

### Macomb Township Recreation Center

**20699 Macomb St.** (off Broughton Rd. south of 25 Mile Rd.)

A solid cardio workout, which involves Hi/Low Impact Aerobics, Interval Training, Step, Double Step and Kickboxing. Included in this workout are body sculpting exercises that use weights and resistance bands for different muscle groups. Finish off your workout with floor exercises for sculpting your abdominal, oblique, and gluts. Come blast your way into shape!

One-day per week class:

MTR Fee: \$31.00 NR Fee: \$36.00

MTRC Members receive \$5.00 discount

Two-day per week class:

MTR Fee: \$62.00 NR Fee: \$67.00

MTRC Members receive \$5.00 discount

Saturday class:

MTR Fee: \$37.00 NR Fee: \$41.00

MTRC Members receive \$5.00 discount

Instructor: Laurie Endicott

Class size: Minimum 20, Maximum 50

Session I	Days	Dates	Time
<b>321313-A</b>	Mo/We	Sep. 11-Oct. 25	6:30-7:30PM
<b>321313-B</b>	One day per week		
<b>321313-C</b>	Sa	Sep. 16-Oct. 28	9:00-10:00AM*
Session II	Days	Dates	Time
<b>321313-D</b>	Mo/We	Nov. 6-Dec. 20	6:30-7:30PM
<b>321313-E</b>	One day per week		
<b>321313-F</b>	Sa	Nov. 11-Dec. 23	9:00-10:00AM*

\*Saturday cannot be used as a make-up session for other classes.



## MTRC – AEROBICS POLICY

Registered participants will receive their Aerobics punch card on the first day of their class. Two (2) times per week classes will receive a Fourteen (14) Aerobics punch card; One (1) day classes will receive a Seven (7) Aerobics punch card. It is the **responsibility** of each participant to bring their cards with them to each class. If a participant cannot attend their normally scheduled class, they are allowed to attend another class of similar value for make-up. **Participants will not be allowed to participate without their punch cards.**

## YOGALATES (YOGA/PILATES)

### Macomb Township Recreation Center

**20699 Macomb St.** (off Broughton Rd. south of 25 Mile Rd.)

Yoga & Pilates is an all-encompassing body, mind, and spirit, exercise program designed to tone and sculpt your entire body. A combination of controlled movements will shape and sculpt long, lean muscles without joint stress, achieve flat abs and improve your posture. Pilates focuses on strengthening your abdominal, back and hips. A great class for anyone regardless of your fitness level. Great for those who wish to reduce mental and physical stress.

MTR Fee: \$47.00 NR Fee: \$52.00

MTRC Members receive \$5.00 discount

Instructor: Desiree Brengman

Session I	Days	Dates	Time
<b>321306-A</b>	Tu	Sep. 12-Oct. 17	6:00-7:00PM
<b>321306-B</b>	Fr	Sep. 15-Oct. 20	9:30-10:30AM
Session II	Days	Dates	Time
<b>321306-C</b>	Tu	Nov. 7-Dec. 12	6:00-7:00PM
<b>321306-D</b>	Fr	Nov. 10-Dec. 15	9:30-10:30AM

No Class on Thurs. Nov 23 – Participants must use punch card for make-up class during current session.

## VINYASA YOGA

### Marvin Blank Senior Center

**19925 23 Mile Road** (one mile east of Romeo Plank Rd.)

A strong dynamic form of yoga. This type of class is one of the more disciplined forms of yoga and is very challenging. This class is ideal for increasing flexibility & toning while sculpting and strengthening the muscles. You will leave feeling strong with a calm mind. Great for those who wish to reduce mental and physical stress.

MTR Fee: \$47.00

NR Fee: \$52.00

Instructor: Desiree Brengman

Session I	Days	Dates	Time
<b>321303-C</b>	Tu	Sep. 12-Oct. 17	7:30-8:30PM
Session II	Days	Dates	Time
<b>321303-D</b>	Tu	Nov. 7-Dec. 12	7:30-8:30PM

No Class on Thursday, November 23.

**TRIAL MEMBERSHIP DOES NOT QUALIFY  
FOR MEMBERSHIP DISCOUNT**

## PUNCH CARD REPLACEMENT POLICY

In the event a registered participant misplaces or loses their aerobics punch card during the current session, a replacement card will be issued with a 2 punch penalty. The replacement card will be punched up to the number of actual classes held to date, in addition to the 2 replacement fee punches.

*"LIVING A HEALTHY LIFE  
WITH CHRONIC CONDITIONS"***Chronic Disease Self-management Workshop****Marvin Blank Senior Center****19925 23 Mile Road** (one mile east of Romeo Plank Rd.)

Developed and tested by Stanford University, this six week workshop is designed to complement and enhance medical treatment and disease management programs.

Research has shown that participants are able to manage their symptoms better and communicate more easily with their doctors and family.

People who take this program feel better, are less limited by their illness and spend less time at the doctor or in the hospital.

This highly interactive workshop meets for 2/12 hours once a week for six weeks. The workshop is not disease-specific, and is designed to help participants build confidence so they can manage their health problems and maintain active and fulfilling lives. Friends and family are welcome to attend.

Session: 6 weeks – 2 1/2hrs per week

Class Size: Minimum 6 Maximum 20

MTR Fee: \$30.00 per person

NR Fee: \$35.00 per person

Reg No.	Ages	Days	Dates	Time
341512-A	All	Th	Sep 14-Oct 18	1:30-4:00PM

*SILVER & CRYSTAL BRACELET CLASS***Macomb Township Recreation Center****20699 Macomb St.** (off Broughton Rd. south of 25 Mile Rd.)**Wednesday, September 27****7:00-9:00PM****Registration No. 341402-A**

MTR Fee: \$ 20.00 NR Fee: \$25.00

MTRC Members receive \$5.00 discount

Instructor: Sandy Kirk

Class Size: Minimum 4 , Maximum 12

Join us for this super easy jewelry making class. NO CRIMPING!!

Create your choice of either a necklace or ankle bracelet using sterling silver chain, a variety of silver accents, and Swarovski crystals. All materials are included with class registration.

*CPR & FIRST AID TRAINING***Marvin Blank Senior Center****19925 23 Mile Rd.** (one mile east of Romeo Plank)

Be prepared for breathing and cardiac emergencies for people of all ages. This eight hour course teaches easy-to-learn emergency procedures to use in critical life threatening situations as well as first aid procedures. Upon successful completion of this class you will receive certifications in Adult, Child, and Infant CPR and First Aid. (30 minutes will be allotted for lunch – bring a sack lunch or money)



MTR Fee: \$60.00

NR Fee: \$65.00

Class Size: Minimum 8, Maximum 16

Session I	Days	Times	Dates
341115-A	We	6:00-10:00PM	Oct. 11 & 18
341115-B	We	6:00-10:00PM	Nov. 8 & 15
341115-C	Su	9:00AM-5:00PM	Nov. 12
341115-D	Su	9:00AM-5:00PM	Dec. 10

*FRIENDLY REMINDER...*

Nothing ruins a good program quicker than everyone waiting until the last minute to register! Please register early to ensure that the program will run.

*HUGS & KISSES BRACELET***Macomb Township Recreation Center****20699 Macomb St.** (off Broughton Rd. south of 25 Mile Rd.)**Wednesday, October 11****7:00-9:00PM****Registration No. 341402-B**

MTR Fee: \$ 27.00 NR Fee: \$ 32.00

MTRC Members receive \$5.00 discount

Instructor: Sandy Kirk

Class Size: Minimum 4, Maximum 12

This beautiful bracelet is perfect to make for yourself or to give as a gift to someone special. Double strands of Swarovski crystal cubes alternate with sterling silver X's to create a stunning cuff bracelet. Extra secure tube clasp and your choice of color. All supplies included in class fee.

## MUSIC LESSONS WITH "A1 STUDIOS"

### Guitar, Keyboard, Drum, and Accordion Music Instruction

#### Marvin Blank Senior Center

**19925 23 Mile Rd** (one mile east of Romeo Plank Rd.)

Always wanted to learn to play a musical instrument? Now, here's your chance. Local music instructor Dick Renock, has been teaching music full time for over 40 years.

You do not need a musical instrument to participate. Rentals are available from the instructor by request at the first lesson (fees to be discussed with the instructor.) This proven music program with award winning students is taught the correct way. College-level broken down and made simple with emphasis on the most important thing in music . . . timing. Through these progressive courses students will learn note reading, theory, timing, melody, harmony, exercises, scales, chords, and improvising. Repertoire includes classical music to the most popular and standard songs.

For further information or for private music lessons taught in your home, call A-1 Studios at 586-992-1757.

Session: 5 lessons (1 day a week for 5 weeks)

Dates: Sep 12-Oct 10

MTR Fee: \$50.00

NR Fee: \$55.00

Instrument	No.	Day	Time
Guitar	<b>341702-A</b>	Tu	6:30-7:00PM
Keyboard	<b>341701-A</b>	Tu	7:00-7:30PM
Drum	<b>341703-A</b>	Tu	7:30-8:00PM
Accordion	<b>341704-A</b>	Tu	8:00-8:30PM

Session: 5 lessons (1 day a week for 5 weeks)

Dates: Nov 14-Dec 12

MTR Fee: \$50.00 NR Fee: \$55.00

Instrument	No.	Day	Time
Guitar	<b>341702-B</b>	Tu	6:30-7:00PM
Keyboard	<b>341701-B</b>	Tu	7:00-7:30PM
Drum	<b>341703-B</b>	Tu	7:30-8:00PM
Accordion	<b>341704-B</b>	Tu	8:00-8:30PM



*INFORMATION ABOUT REGISTERING  
AND THE CLASS/EVENT REGISTRATION  
FORM CAN BE FOUND ON PAGES  
30 AND 31 OF THIS BROCHURE.*

## BEST FRIENDS DOG TRAINING

### "Happiness is a well trained dog"

#### Marvin Blank Senior Center

**19925 23 Mile Rd.** (one mile east of Romeo Plank)

Are you looking for a gentle modern approach to training? Using positive motivational techniques, Best Friend's Trainers will teach you how to raise the dog you want. Methods are simple, quick, effective, and above all, enjoyable for both the dog and owner. Instructors focus on helping train a dog who is happy, willing, responsive, and obedient.



Best Friend's Instructors are members of APDT-Association of Pet Dog Trainers and NADOI, National Association of Dog Obedience Instructors. Class size is limited to ensure that you and your dog receive the level of attention and assistance that you require.

Classes meet one hour per week for six weeks, and include demonstrations, training exercises with your dog, behavior discussions, and weekly activities for you and your family to practice at home.

6 week class sessions

MTR Fee: \$110.00 (per session)

NR Fee: \$115.00 (per session)

#### Puppy Class (Age: 10 weeks – 18 weeks)

Proof of at least 2 series of puppy shots required. Start off in the right direction by taking advantage of your puppy's most formative period of development. Classes include lessons in basic obedience, puppy development, confidence building, self-control and problem prevention.

Session I	Days	Dates	Time
<b>321601-A</b>	We	Sep 13-Oct 18	7:00-8:00PM

Session II	Days	Dates	Time
<b>321601-B</b>	We	Nov 1-Dec13	7:00-8:00PM

(No class on Wednesday, November 22, Thanksgiving Holiday)

#### Beginner Class (Age: 18 weeks+)

Proof of current vaccinations required. Dogs of any age will benefit from this six week class. Whether your dog is new to your family or has lived with you for awhile, you will learn how to teach proper manners and solve existing problems. Classes include lessons in basic obedience, common behavior problems, attention/focus, and building a bond with your dog.

Session I	Days	Dates	Time
<b>321602-A</b>	We	Sep 13-Oct 18	8:00-9:00PM

Session II	Days	Dates	Time
<b>321602-B</b>	We	Nov 1-Dec13	8:00-9:00PM

(No class on Wednesday, November 22, Thanksgiving Holiday)





### *GOURMET CHOCOLATE COVERED TREATS*

**Macomb Township Recreation Center**  
**20699 Macomb St.** (off Broughton Rd. south of 25 Mile Rd.)

**Tuesday, Nov. 28**

**7:00-8:30PM**

**Registration No. 341405-A**

MTR Fee: \$18.00    NR Fee: \$23.00

MTRC Members receive \$5.00 discount

Materials Fee of \$5.00 is due at class.

Instructor: Sherry Brodowski

Class size: Minimum 5, Maximum 20

What a great holiday gift for the teachers at school, your hair dresser, friends or co-workers! Learn the creative art of making chocolate covered treats, and learn how to wrap them in a decorative way. During class you will learn how to make gourmet chocolate caramel apples that you see in the upscale stores. In addition you will learn to make fancy chocolate covered pretzels and gourmet chocolate covered ice cream cones. When the class is over, you will be able to do this on your own and leave with the tasty treats!

### *FUN WITH FLEECE*

**Marvin Blank Senior Center**

**19925 23 Mile Road** (one mile east of Romeo Plank Rd.)

**Tuesday, October 24**

**7:00-9:00PM**

**Registration No. 341405-B**

MTR Fee: \$ 25.00    NR Fee: \$ 30.00

Instructor: Joy Lewandoski

Class Size: Minimum 8, Maximum 25

Make a beautiful fleece shawl for yourself or a loved one! No sewing involved. One size fits all!

This beautiful fleece shawl can be worn two different ways and can be made for an adult or child. Please bring your favorite fleece (solid or print) to class. A rotary cutter, pad and tape measure for cutting and measuring will be available for use but it is suggested to bring your own if possible.

1 fleece = 1.25 yards for a child

1.25 fleece = 1.5 yards for an adult S-XL

1.75 fleece = 2 yards for XL or Larger size

*TRIAL MEMBERSHIP DOES NOT QUALIFY  
FOR MEMBERSHIP DISCOUNT*

## **USA CREDIT UNION AND MACOMB TOWNSHIP PARKS & RECREATION PRESENT...**

# **FREE FAMILY SAFETY FAIR IN MACOMB COUNTY**

Open to the Public – All activities are FREE!

**SATURDAY, SEPTEMBER 16 • 10AM – 1PM**



#### Featuring...

- Child Identification Program
- Macomb County Police & Fire on site
- Car Seat Safety
- Balloon Hats
- Kids Tattoos
- Meet SpongeBob
- Door prizes for everyone
- Moonwalks provided by Bounce About

**GRAND PRIZE DRAWING FOR \$200 IN FREE GAS...  
AND MORE!**

The first 25 families in attendance will receive \$25 in AMC Movie Passes

Macomb Corners Park  
25 Mile Road  
(between Romeo Plank & Broughton Road)

For more information call  
248-322-9800 Ext. 1074  
*Rain or Shine!*

## SUPER "BOWL" SUNDAYS

### Parent & Child Bowling League

#### Kingswood Lanes

**49925 N. Groesbeck, Clinton Twp** (south of Hall Rd.)

Sundays are sure to be a blast as parent and child teams hit the lanes! In this ten week league, parent & child teams will bowl 2 games per week.

Weekly league fee is \$6 per bowler, which includes: 2 games of bowling, shoe rental, weekly standings, an end of season pizza party, and awards for the kids.

Weekly fee is paid directly to Kingswood Lanes (each week) and individual average scores will be calculated. No handicap scoring system or bowling against other teams/individuals, this program is designed to be a great start to bowling in a recreation league.

All participants must include if they would like to bowl with another parent/child team at the time of registration, maximum 4 bowlers per lane.

Register by: Monday, September 11

MTR Fee: \$5.00 per bowler all ages league registration fee

NR Fee: \$10.00 per bowler all ages league registration fee



### Bumper League • (Ages 7 and under)

Maximum-36 Bowlers

No.	Days	Dates	Time
<b>342604-A</b>	Su	Sep 17-Nov 10	1:00-3:00PM

*\*Teams that sign-up for the bumper league, both parent and child will bowl on a lane with bumpers.*

### Open League • (Ages 8 and above)

Maximum-36 Bowlers

No.	Days	Dates	Time
<b>342605-A</b>	Su	Sep 17-Nov 10	1:00-3:00PM

## SUPER SOCCER

### Soccer Clinics for Kids – Ages 2-3, 4-5

#### Premier Training Center

**51379 Quadrate Drive** (located in the Quadrate Park Complex, off 23 Mile Rd, between Hayes and Romeo Plank Rd)

In these introductory classes to the sport of soccer, participants will be introduced to simple soccer training and games in an exciting and safe environment.

#### Kiddy Kickers – Ages 2-3 (with parent)

Session: 6 weeks – Tuesdays

Class Size: Minimum 8, maximum 15

MTR Fee: \$50.00 NR Fee: \$55.00

Kiddy Kickers-Please note parents will be participating on the field with their tot(s) in these interactive clinics.



No.	Ages	Days	Dates	Time
<b>315501-A</b>	2-3	Tu	Sep 13-Oct 18	10:30-11:15AM
<b>315501-B</b>	2-3	Tu	Sep 13-Oct 18	1-1:45PM
<b>315501-C</b>	2-3	Tu	Oct 25-Dec 6	10:30-11:15AM
<b>315501-D</b>	2-3	Tu	Oct 25- Dec 6	1-1:45PM

#### Kicks are for Kids – Ages 4-5

Session: 6 weeks – Tuesdays

Class Size: Minimum 8, maximum 15

MTR Fee: \$50.00 NR Fee: \$55.00

No.	Ages	Days	Dates	Time
<b>315501-E</b>	4-5	Tu	Sep 13-Oct 18	11:15AM-12:00PM
<b>315501-F</b>	4-5	Tu	Sep 13-Oct 18	1:45-2:30PM
<b>315501-G</b>	4-5	Tu	Oct 25-Dec 6	11:15AM-12:00PM
<b>315501-H</b>	4-5	Tu	Oct 25- Dec 6	1:45-2:30PM

## X-MAS LOCK-IN ~ PARENTS ESCAPE

### Macomb Township Recreation Center

**20699 Macomb St.** (off Broughton Rd. south of 25 Mile Rd.)

**Saturday, December 16**

**6:00-10:00PM**

**Ages 5-13 years old**

**Registration No. 314305-A**

MTR Fee: \$20.00 NR Fee: \$25.00

MTRC Members receive \$5.00 discount

Are you always trying to get that last minute shopping done, but can't ever find the time away from the kids? Become SANTA for the night! Let us take the worry away from you. Your children will be well supervised by our staff. Children will have the opportunity to swim, play a variety of organized games, arts-n-crafts, participate in a scavenger hunt, and much more! Pizza, Pop and popcorn will be provided. Spaces are limited to the first 125 participants.

## PARKS & RECREATION

**Creating Community Through  
People, Parks & Programs**



## NFL YOUTH FLAG FOOTBALL

### Macomb Corners Park

25 Mile Road (east of Luchtman)

Ready, Set, Hike. It's time to sign-up for NFL Flag Football. Boys and girls ages 5-6, 7-8, 9-11 (age as of September 1, 2006) will play on the grid iron Saturday mornings this fall. Practices for ages 5-6 will be on Tuesdays, beginning September 12, ages 7-8 will practice on Wednesdays beginning September 13, and ages 9-11 will practice on Thursdays, beginning September 14. All practice times are from 6:00-7:00pm. Practices are held at TownCenter Park, located on 25 Mile Road, just west of Broughton Road.

All football players are required to provide their own mouthguard and wear it at practices and games, bring their own football to practices, and bring their own bottled water or juice to practice/games each week.

All players will receive an official NFL Flag Jersey, flag set, and NFL Youth Flag participation certificate.

The purpose of the program is to introduce the sport of football to youth with emphasis on safety, 'fun'damental instruction, good sportsmanship, and skill development.

#### REGISTRATION DEADLINE: WEDNESDAY, AUGUST 30

Session: 6 practices (1 day a week for 6 weeks)

5 games (1 day a week for 5 weeks)

Game Dates: Sep 23 & 30, Oct 7, 14, 21

(Rain make-ups Oct 28 & Nov 5, if necessary)

Ages: Boys & Girls ages 6-11

MTR Fee: \$30.00 NR Fee: \$35.00

No.	Ages	Game Start Times – Sat Vary
312102-A	5-6	9:00AM-12:00PM
312102-B	7-8	10:00AM-1:00PM
312102-C	9-11	11:00AM-3:00PM



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30 AND 31 OF THIS BROCHURE.

## PARKS & RECREATION

Creating Community Through People, Parks & Programs

## NFL YOUTH FLAG FOOTBALL

### Registration Information

Please follow the following guidelines to register for the NFL Youth Flag Program.

#### Registration – In person only.

##### Resident Registration:

Sa, Aug. 26 – 8:00-11:30AM

Mo-We, Aug. 28-30 – 8:00AM-8:00PM

##### Non-Resident Registration:

One Day Only

We, Aug. 30 – 12:00PM-8:00PM

Age of participant is determined as of Sep 1, 2006.

Participants can request to play on same team with one (1) other player ONLY, due to size of league/scheduling. ONLY exception, 2 or more siblings may play on same team.

Participants must indicate the one (1) other player at the time of registration.

Player jersey size must be included at time of registration. Jerseys can not be returned or exchanged.

NFL Flag jerseys come in four sizes: small, medium, x-large, and xx-large. To better understand the jersey sizes please see the chart below. Note: Sizes are measured from shoulder seam to shoulder seam.

S	M	XL	XXL
17"	19"	22"	23"

## NFL YOUTH FLAG FOOTBALL

### Volunteer Coaches Information

Volunteer coaches are needed for this program. Applications and coaches information will be available at registration, and any parents/volunteers should pick-up a volunteer application when registering their child for the program.

Volunteers will serve in the dual role as coach/referee. Interested candidates should be enthusiastic, positive, and agree to the NFL Youth Coaches guidelines, including promoting safety, 'fun'damental instruction, good sportsmanship, and skill development. All coaches must agree to provide an equal opportunity for playing time for all children, regardless of skill level.

All volunteer applications must be completed/ returned by Wednesday, August 30 to the Recreation Center to be eligible.



**GYMTYME WITH MS. DEBBIE****Parent & Tot Classes****Marvin Blank Senior Center****19925 23 Mile Road** (one mile east of Romeo Plank Rd.)

Many have enjoyed classes with Ms. Debbie, now here's your chance. GymTyme is a gymnastics-based motor skills program designed to build self-confidence and self-esteem through music, movement, and motivation. Class emphasis is on developing strength, flexibility, balance, rhythm, and building longer attention spans, problem solving skills, and how to follow directions. Program is curriculum based and non-competitive.

Ms. Debbie is a high energy instructor with a background in early childhood development, developing athletic skills, and is U.S.A.I.G.C. certified. Classes are motivational and structured. Students build on skills and "graduate" from class to class.

Session: 10 lessons (1 day a week for 10 weeks)

Class Size: Minimum 7, Maximum 15

MTR Fee: \$105.00 NR Fee: \$110.00

**3's of a Kind – Advanced (Returning Students)**

Designed for youngsters ages 2 -1/2 to 3-1/2 with their parent. Expand skill level to include, cartwheels, handstands, and back flips. Each class is high energy and fun-filled. Activities include bear crawling, flipping over the bar, back somersaults and donkey kicks. Parents join their tots in parachute games, aerobic activities, songs, games, and watch as their child's independence grows.

Session I	Days	Start Date	Time
<b>311102-C</b>	Fr	Sep. 15	9:30-10:15AM

**Me 2 (Parent & Tot)**

This class is for youngsters ages 1-1/2 to 2-1/2 years with their parent. Introduce your child to fitness with fun. Parachute, sport balls, and bubbles, as well as introductions to tumbling skills and flips, are part of this high-energy class. Watch your child's coordination and confidence grow.

Session I	Days	Start Date	Time
<b>311102-A</b>	Fr	Sep. 15	10:30-11:15AM

**3's of a Kind (New Students)**

Designed for youngsters ages 2 -1/2 to 3-1/2 with their parent. Expand skill level to include, cartwheels, handstands, and back flips. Each class is high energy and fun-filled. Activities include bear crawling, flipping over the bar, back somersaults and donkey kicks. Parents join their tots in parachute games, aerobic activities, songs, games, and watch as their child's independence grows.

Session II	Days	Start Date	Time
<b>311102-D</b>	Fr	Sep. 15	11:30AM-12:15PM

**KARATE KIDS****Beginner – Intermediate Martial Arts****Marvin Blank Senior Center****19925 23 Mile Road** (one mile east of Romeo Plank Rd.)

In this eight-week class, boys and girls ages 6-13 are introduced to the Isshinryu style of karate.

Led by Black Belt instructor Keith Burke, students will learn self-defense through basic karate techniques. These introductory classes are designed to improve balance, increase strength, and enhance coordination.

Through karate, students can develop self-discipline and self-control, while improving self-confidence and physical fitness.

New students will receive a uniform at no additional charge. When registering, indicate height and weight of student for proper uniform sizing.

Participants should register by September 8.

**Karate Basics – Beginners**

Session: 8 weeks – Saturdays

Class Size: Maximum 20

MTR Fee: \$80.00 per person

NR Fee: \$85.00 per person

No.	Ages	Days	Dates	Time
<b>311101-A</b>	6-13	Sa	Sep 23-Nov 18	9-10AM
(No class on Oct 28)				

**Advanced Karate\* – Intermediate/Advanced**

Session: 8 weeks – Saturdays

Class Size: Minimum 10, maximum open

MTR Fee: \$90.00 per person

NR Fee: \$95.00 per person

No.	Ages	Days	Dates	Time
<b>311101-B</b>	6-13	Tu	Sep 23-Nov 18	10-11:30AM
(No class on Oct 28)				

*\*Only returning students who have taken the beginner class (a minimum of 2 sessions) through Macomb Township Parks & Recreation are eligible to register for the advanced class.*

**FRIENDLY REMINDER...**

Nothing ruins a good program quicker than everyone waiting until the last minute to register! Please register early to ensure that the program will run.



**YOUNG REMBRANDTS****Pre-School Drawing****Marvin Blank Senior Center****19925 23 Mile Road** (one mile east of Romeo Plank Rd.)

Young Rembrandts instructors provide a positive, nurturing environment for your child. Each week participants will learn to draw something, from fish to teddy bears, rainbows to cowboys, and talk about the subject matter as participants learn to draw it together. Classes will emphasize drawing and coloring, with attention to developing fine motor skills, focus, listening, staying on task, spatial organization, and patience.

Sessions are 6 weeks, meeting one day per week.

Classes are 45 minutes, all materials are provided-happy, smiling faces guaranteed.

Always new lessons-each session!

Ages: 3-5

Class Size: Minimum 6, Maximum 10

Session: 6 lessons (1 day a week for 6 weeks)

Dates: Sep 12-Oct 17

MTR Fee: \$50.00 NR Fee: \$55.00

Session I	Days	Dates	Time
311515-A	Tu	Sep 12-Oct 17	9:30-10:15AM
Session II	Days	Dates	Time
311515-B	Tu	Oct 24-Dec 5	9:30-10:15AM

(No class on Nov 7, Election Day)



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AND THE CLASS/EVENT REGISTRATION  
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30 AND 31 OF THIS BROCHURE.**

**YOUNG REMBRANDTS****Elementary Age  
Drawing and Cartooning****Marvin Blank Senior Center****19925 23 Mile Road** (one mile east of Romeo Plank Rd.)**Elementary Drawing Classes  
Ages 6-12**

Get ready to draw amazing things! Young Rembrandts innovative step-by-step drawing method can teach any child how to draw-regardless of artistic ability, giving them skills to express their creativity that will last a lifetime. We provide all materials and brand new subject matter every week, ranging from animals, landscapes, still lifes, even art history. Our philosophy is to give children a positive, nurturing environment, with emphasis on fundamental drawing techniques. Aspiring artists will see increased ability, self-confidence, and self-esteem.

Sessions are 6 weeks, meeting one day per week.

Classes are 45 minutes, all materials are provided-happy, smiling faces guaranteed.

Always new lessons-each session!

Session: 6 lessons (1 day a week for 6 weeks)

Ages: 6-12

Class Size: Minimum 6, Maximum 15

MTR Fee: \$50.00 NR Fee: \$55.00

Session I	Days	Dates	Time
311515-C	Sa	Sep 16-Oct 21	9:30-10:30AM
Session II	Days	Dates	Time
311515-D	Sa	Oct 28-Dec 9	9:30-10:30AM

(No class on Nov 25, Thanksgiving Holiday)

**Cartoon Drawing Classes  
Ages 6-12**

Learning to draw can be lots of fun! Especially if we're creating silly characters, funny expressions, and drawing sequences that tell jokes! This delightful program combines Young Rembrandts innovative step by step drawing method with light-hearted subject matters that engage children, their sense of humor and their vivid imaginations. All materials are supplied. Giggles guaranteed.

Always new lessons-each session!

Session: 6 lessons (1 day a week for 6 weeks)

Ages: 6-12

Class Size: Minimum 6, Maximum 15

MTR Fee: \$50.00 NR Fee: \$55.00

Session I	Days	Dates	Time
311515-E	Sa	Sep 16-Oct 21	10:45-11:45AM
Session II	Days	Dates	Time
311515-F	Sa	Oct 28-Dec 9	10:45-11:45AM

(No class on Nov 25, Thanksgiving Holiday)

## TRIAL MEMBERSHIP DOES NOT QUALIFY FOR MEMBERSHIP DISCOUNT

### ABRACADABRA'S KIDS MAGIC CLASS

**Macomb Township Recreation Center**  
**20699 Macomb St.** (off Broughton Rd., south of 25 Mile Rd.)

**Tuesday, Oct. 10, 17, & 24th**

**6:30-7:30PM**

**Registration No. 315300-D**

MTR Fee: \$39.00

NR Fee: \$44.00

MTRC Members receive \$5.00 discount

Ages 6-11

Class Size: Maximum 25

Kids will learn how to create their own illusions from everyday objects. They will learn how to have confidence in themselves performing, presenting and public speaking. All supplies and materials are included with the price of the class. Kids will receive along with the nine tricks, a magic wand, a magic hat, and a master magician certificate signed by Barry the Great.



### ABRACADABRA'S ADVANCED MAGIC CLASS

**Macomb Township Recreation Center**  
**20699 Macomb St.** (off Broughton Rd., south of 25 Mile Rd.)

**Tuesday, Oct. 10, 17, & 24th**

**7:35 – 8:35pm**

**Registration No. 315300-E**

MTR Fee: \$49.00

NR Fee: \$54.00

MTRC Members receive \$5.00 discount

Ages 9 and up

Class Size: Maximum 20

Barry the Great will be teaching slight of hands with coins, cards, and everyday objects. If you've always wanted to be able to fool your family and friends with amazing slight of hand magic, or if you're a magician who would like to hone your skills in slight of hand, now is your chance to learn from a full time professional magician. Don't delay, Sign up today!



### AFTER SCHOOL ACTORS

**Young Performers Theatre Art**



**Marvin Blank Senior Center**

**19925 23 Mile Road** (one mile east of Romeo Plank Rd.)

Aspiring actors and actresses, here's your chance to learn how to perform on stage! During this eight-week program, participants will be introduced to various aspects of theatre, including improvisational games, auditioning for parts reading the script, introduction to the stage area, terminology, and more.

Director Debby Ryle encourages participants to strive for excellence in a positive class environment. The full program will focus on a short play to be presented at the end of the session for family and friends. All participants receive a trophy and certificate.

MTR Fee: \$45.00 NR Fee: \$50.00

Minimum: 10 maximum 25

No.	Ages	Days	Dates	Time
311501-A	5-16	Tu	Sep 12-Nov 14	5:00-6:00PM

(No class on Oct 3 and Nov 7, Election Day)

Performance to be held on November 21 at 7:00pm.

### MOM & TOT – GYM & SWIM

**Macomb Township Recreation Center**

**20699 Macomb St.** (off Broughton Rd. south of 25 Mile Rd.)

Back by popular demand! This class will assist your child in the development of their motor skills. Children will play a variety of games in the gymnasium or our Treetop Town during the first 45 minutes of class. The following 30 minutes will consist of play time in our zero-depth entry pool where children can continue utilizing their learned motor skills on interactive water toys. Ages 2 – 4 years.

MTR Fee: \$ 40.00 NR Fee: \$ 45.00

MTRC Members receive \$ 5.00 discount

2:1 parent/child ratio

Instructor: Christopher Ronse



Session I	Days	Dates	Time
341110-A	Mo	Sept 11-Oct 23	10:45AM-12:00PM

Session II	Days	Dates	Time
341110-B	Mo	Oct 30-Dec 11	10:45AM-12:00PM





### *KIDS EXCEL WITH CHESS*

**Rated – Chess Tournaments  
for Youth in grades K-12**

**Marvin Blank Senior Center**  
**19925 23 Mile Road** (one mile east of Romeo Plank Rd.)

**Saturday, Oct 21 (Register by: Sep 29)**  
**12:15-5:15PM**  
**Registration No. 311503-B**

**Saturday, Dec 9 (Register by: Nov 15)**  
**12:15-5:15PM**  
**Registration No. 311503-C**

MTR Fee: \$25.00 NR Fee: \$30.00

Maximum: 40

Open to all players in grades K-12, these tournaments are geared for participants who have experience in rated tournament play and to participants who are interested in earning a national chess rating.

In these four round tournaments, participants will compete in 4 rated sections: K-3, 4-6, 7-9, 10-12.

Check in for the tournaments will be from 12:15-12:45pm. Round 1 begins at 1:00pm. Each round will last one hour. The tournaments conclude with an awards ceremony at 5:15pm, with trophies awarded to all participants, with larger trophies to be awarded to the top five finishers in each division.

Tournament participants must be members of the United States Chess Federation in order to participate in these rated tournaments. All tournament participants **MUST** bring proof of their USCF membership to the tournament, or can register for their membership on-site. Membership fees and details available at the tournament site.

Please include your child's grade level on the registration form when registering for these tournaments.



***PARKS & RECREATION***  
**Creating Community Through  
People, Parks & Programs**

### *KIDS EXCEL WITH CHESS*

**Unrated – Chess Tournaments  
for Youth in grades K-12**

**Marvin Blank Senior Center**  
**19925 23 Mile Road** (one mile east of Romeo Plank Rd.)

**Saturday, Oct 21 (Register by: Sep 29)**  
**12:15-5:15PM**  
**Registration No. 311503-D**

**Saturday, Dec 9 (Register by: Nov 15)**  
**12:15-5:15PM**  
**Registration No. 311503-E**

MTR Fee: \$25.00 NR Fee: \$30.00

Maximum: 40

Open to all players in grades K-12, these tournaments are geared with the beginner/intermediate player in mind and to those who are new to tournament play.

In these four round tournaments, participants will compete against students in their own grade. If there are less than 8 students in each grade, grades will be combined. Please bring your chess set.

Check in for the tournaments will be from 12:15-12:45pm. Round 1 begins at 1:00pm. Each round will last one hour. Each player will have 30 minutes to make their moves. The tournaments conclude with an awards ceremony at 5:15pm, with trophies awarded to all participants, with larger trophies to be awarded to the top five finishers in each division.

Please include your child's grade level on the registration form when registering for these tournaments.



### *KIDS EXCEL WITH CHESS*

**Beginner – Intermediate Group Lessons**

**Marvin Blank Senior Center**  
**19925 23 Mile Road** (one mile east of Romeo Plank Rd.)

**Fridays, Sep 15-Nov 17**  
**6:15-7:30PM**  
**Registration No. 311503-A**

MTR Fee: \$75.00 NR Fee: \$80.00

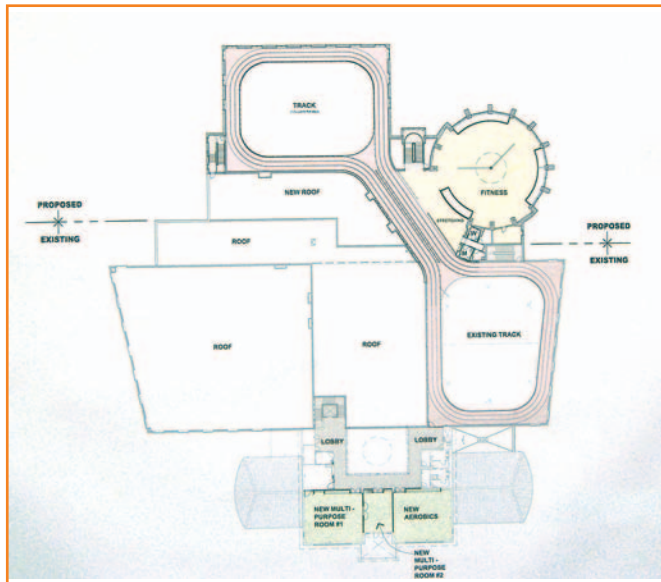
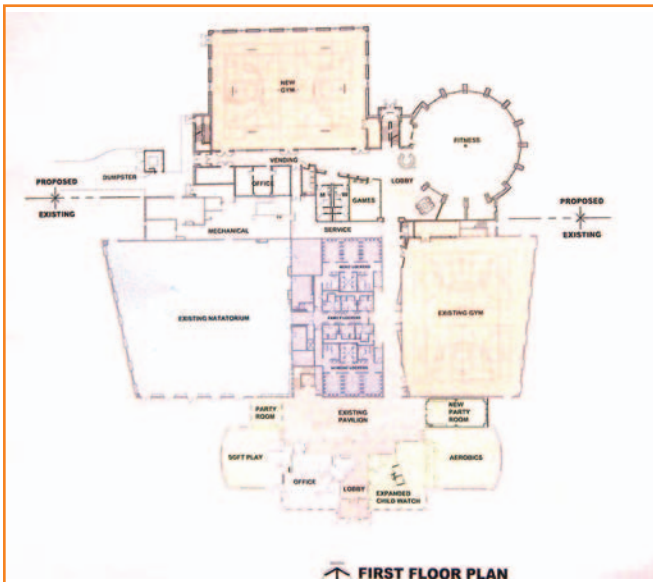
Minimum: 10 Maximum: 20

Check mate! Participants will “capture” the fundamentals of chess such as board layout and set up, how the pieces move and capture, check, checkmate, draws, piece values, pawn promotion, castling, how to open your game, basic checkmates, tournament rules, tactics, strategies, en passant, chess notation, and how to use a chess clock.

# MACOMB TOWNSHIP RECREATION CENTER

## PHASE II

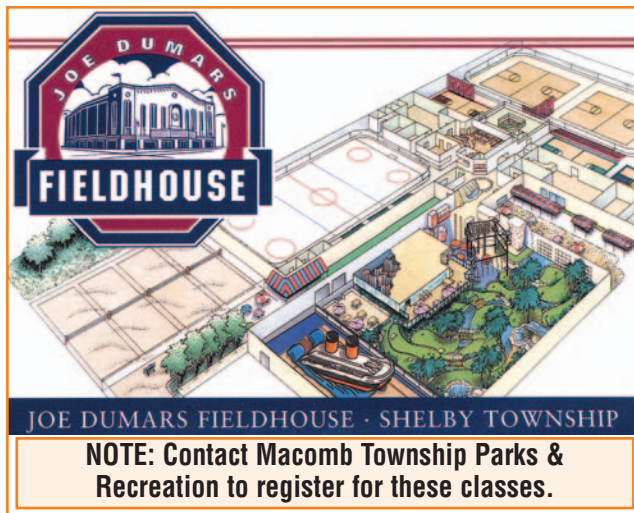
**Due to construction of Phase II, certain areas of the center may be closed or times altered for a period of time. We apologize for the inconvenience this may cause. However, short term headaches will result in long term relief!!**



### WHAT IS PHASE II?

Phase II is a 32,000 square foot addition to the existing center which also includes renovations to the current center. This project is expected to take approximately 1 year to complete. When the project is completed the new center will have the following amenities:

- 2-story glass fitness rotunda
- 2 full court gymnasiums
- Additional locker rooms and restrooms
- 1/7 mile walking/running track
- Expanded child watch center
- 2 aerobic/exercise rooms
- 2 party rooms
- 2 multipurpose rooms
- Game room
- Vending area
- Additional office space
- Outdoor activity terrace
- Outdoor sidewalk surrounding complex
- Indoor playground



### JOE DUMARS' FIELDHOUSE

The following classes are being offered at JOE DUMARS' FIELDHOUSE located at 45300 Mound Road in Shelby Twp. or the JOE DUMARS' FIELDHOUSE ANNEX, located at 43655 Utica Road in Sterling Heights.

Joe Dumars' Fieldhouse offers fun, non-competitive sports programs for kids ages four and up. Participants will not only learn the fundamental skills of the sport they are playing, they will also learn essential life skills such as active listening, team play and goal setting. While focusing on certain fundamentals each season, our programs are designed to provide a growing challenge to returning participants. Each class meets once a week for seven consecutive weeks of instruction.

### BASKETBALL

#### Classes meet at the Annex (43655 Utica Road)

Grades: 1st-9th

SKILLS: Dribbling, shooting, passing and defense.

COST: \$99 per participant

##### Grades: 1st-3rd

<b>315401-A</b>	Pee Wee	Sat. Sept. 9	8:00-8:55AM
<b>315401-B</b>	Pee Wee	Tues. Sept. 12	5:30-6:25PM
<b>315401-C</b>	Pee Wee	Sat. Oct. 28	8:00-8:55AM
<b>315401-D</b>	Pee Wee	Tues. Nov. 7	5:30-6:25PM

##### Grades: 4th-6th

<b>315401-E</b>	Beginner	Sat. Sept. 9	9:00-9:55AM
<b>315401-F</b>	Int/Adv	Sat. Sept. 9	10:00-10:55AM
<b>315401-G</b>	Beg/Int	Tues. Sept. 12	6:30-7:25PM
<b>315401-H</b>	Beginner	Sat. Oct. 28	9:00-9:55AM
<b>315401-I</b>	Int/Adv	Sat. Oct. 28	10:00-10:55AM
<b>315401-J</b>	Beg/Int	Tues. Nov. 7	6:30-7:25PM

##### Grades: 7th-9th

<b>315401-K</b>	Beginner	Sat. Sept. 9	12:00-12:55PM
<b>315401-L</b>	Int/Adv	Sat. Sept. 9	11:00-11:55AM
<b>315401-M</b>	Beginner	Sat. Oct. 28	12:00-12:55PM
<b>315401-N</b>	Int/Adv	Sat. Oct. 28	11:00-11:55AM

### FLOOR HOCKEY

#### Classes meet at the Annex (43655 Utica Road)

Ages: 4-6

SKILLS: Shooting, stick handling and passing.

COST: \$99 per participant

**315415-A** Sat. Sept. 9 12:00-12:55PM

**315415-B** Sat. Oct. 28 12:00-12:55PM

### FOOTBALL

#### Classes meet at the Annex (43655 Utica Road)

This class will be held on a hard-wood floor rather than on turf.

Ages: 7-12

SKILLS: Passing, catching, blocking, kicking and pass routes.

COST: \$99 per participant

**315409-A** Beginner Sat. Sept. 9 1:00-1:55PM

**315409-B** Beginner Sat. Oct. 28 1:00-1:55PM

### MULTISPORT

#### Classes meet at the Annex (43655 Utica Road)

Ages: 4-6

SKILLS: Soccer, basketball, tee ball, floor hockey and more!

COST: \$99 per participant

**315404-A** Sat. Sept. 9 10:00-10:55AM

**315404-B** Thurs. Sept. 14 5:00-5:55PM

**315404-C** Sat. Oct. 28 10:00-10:55AM

**315404-D** Thurs. Nov. 2 5:00-5:55PM

### PARENT AND CHILD

#### Classes meet at the Annex (43655 Utica Road)

Ages: 4-6

SKILLS: Soccer, basketball, tee ball, floor hockey and more!

COST: \$99 per participant

**315416-A** Sat. Sept. 9 11:00-11:55AM

**315416-B** Sat. Oct. 28 11:00-11:55AM

### SOCCER

#### Classes meet at the Annex (43655 Utica Road)

Ages: 4-6

SKILLS: Dribbling, passing, trapping and shooting.

COST: \$99 per participant

**315408-A** Sat. Sept. 9 9:00-9:55AM

**315408-B** Sat. Oct. 28 9:00-9:55AM



## TEE-BALL

Classes meet at the Annex (43655 Utica Road)

Ages: 4-6

SKILLS: Base running, catching, hitting and fielding.

COST: \$99 per participant

**315406-A** Sat. Sept. 9 8:00-8:55AM

**315406-B** Sat. Oct. 28 8:00-8:55AM

## BASEBALL

Classes meet at the Annex (43655 Utica Road)

Ages: 7-12

SKILLS: Advanced field techniques and positioning.

COST: \$99 per participant

**315417-A** Thurs. Sept. 14 6:00-6:55PM

**315417-B** Thurs. Nov. 2 6:00-6:55PM

## VOLLEYBALL

Classes meet at the Fieldhouse (45300 Mound Road)

Ages: 10-14

SKILLS: Digging, serving, spiking, blocking and setting.

COST: \$99 per participant

**315402-A** Wed. Sept. 13 5:30-6:25PM

**315402-B** Wed. Nov. 1 5:30-6:25PM

The following classes will be held during the Christmas break. Each class meets once a day for three consecutive days of instruction.

## BASKETBALL

Classes meet at the Annex (43655 Utica Road)

Grade: 1st-4th

SKILLS: Dribbling, shooting, passing and defense.

COST: \$89 per participant

**315401-O** Dec. 27, 28 & 29 9:00AM-12:00PM

Grade: 5th-8th

**315401-P** Dec. 27, 28 & 29 1:00-4:00PM

## VOLLEYBALL

Classes meet at the Fieldhouse (45300 Mound Road)

Grade: 6th-9th

SKILLS: Digging, serving, spiking, blocking and setting.

COST: \$89

**315402-C** Dec. 27, 28 & 29 9:00AM-12:00PM





54755 Broughton  
(586) 992-8600  
www.suburbanice.com

**REGISTRATIONS FOR ALL SUBURBAN ICE PROGRAMS  
MUST BE SUBMITTED TO SUBURBAN ICE – Macomb.**

See above for address and phone number.

**REGISTRATIONS ARE CURRENTLY BEING TAKEN VIA  
PHONE OR WALK-IN AT SUBURBAN ICE-MACOMB.**

### LEARN TO SKATE

#### Parent/Tot

For skaters ages 3-5 years of age with little or no skating experience. Learn basic balance and skating skills in a fun, introductory class with their parent or adult friend. Participating adults should be able to skate.

#### Snowplow Sam 1-3

For skaters ages 3-5 years of age with little or no skating experience. Learn basic balance and skating skills in an age appropriate setting.

#### Basic 1-8

Ages 6 and up. All beginner skaters will begin in Basic 1. Classes cover a wide range of skating skills from basic forward and backward skating to more advanced elements and maneuvers. Skills build on each other as skaters progress through each level.

#### Freestyle 1-2

Advanced skating working on edge quality, and advanced jumps and spins. It is recommended that skaters have their own skates. Private lessons are encouraged.

#### Adult 1-4

For skaters 16 and older. Class designed for the mature skater interested in learning how to skate.

#### Fees

\$100 for Parent Tot (parent skates free); \$90 for Snowplow Sam 1; \$85 for all other classes.

Class times and dates vary. Please contact Suburban Ice-Macomb for more details. 586-992-8600

### SUBURBAN FUNDAMENTAL ICE HOCKEY (LEARN TO PLAY)

#### MIGHTY MITE (Ages 4-6)

Mighty Mites is recommended as the first step for beginning hockey players who have completed a Learn-to-Skate class and have a solid base of fundamental skating skills. Emphasis will be on creating a fun, challenging environment for players to learn the beginning principles of skating in equipment, stickhandling and puck skills. Skill stations and skill building games are a part of each session. The program is held for an hour on Sunday (3:30 pm) or Thursday (4:30 pm) afternoons.

Fees:

\$100 registration fee plus \$100 due in November

#### BE A PLAYER (Ages 7-14)

This league is for Mites (ages 7-8), Squirrels (ages 9-10), Pee Wees (ages 11-12) and Bantams (ages 13-14). Two 1-hour skates each week – one on Thursday between 4:45-8:30 pm and one on Sundays between Noon-7:00 pm. The first five weeks of the program serve as a training camp to teach age-appropriate skills to players and as an on-ice training session for coaches. At the end of training camp players are divided into equal teams and receive their team jerseys and hockey socks. Teams will be grouped into lines based on skill and experience. Lines will be matched during all game situations to ensure that players are playing at their competitive level. Weekly practice sessions focus on fundamental skating and puck skills using skill stations and small-ice games. Weekend games will be structured to maximize ice time, teach positioning, strategy and rules of the game, and to insure that each player has the opportunity to compete, improve and enjoy the game.

Fees:

\$175 registration fee plus installments (\$210, \$210 & \$200)

### GIRLS FUNDAMENTAL ICE HOCKEY (LEARN TO PLAY)

#### ADORABELLES (Ages 4-7)

This program is a great way to get started, with a good mix of fundamental skating and hockey skills and plenty of fun and games for beginning girl hockey players. The program is held for an hour on Sunday (3:30 pm) or Thursday (4:30 pm) afternoons.

Fees:

\$100 registration fee plus \$100 due in November

#### INCREDIBLES (Ages 6-9)

This program skates once a week on Sundays, from 5:30-7 pm. Incredibles is the introduction to team play; after a training camp, the girls will be divided up into teams. Each session will consist of 40 minutes of practice to learn and

improve skating and puck skills, and 40 minutes of cross-ice and half-ice games between the teams.

Fees:

\$100 registration fee plus installments (\$175, \$175 & \$150)

### IT'S A GIRL THING! (Ages 7-14)

This league is for girls only – no boys allowed! The first five weeks of the program serve as a training camp to teach age-appropriate skills. After a five-week training camp, the girls will be divided into equal teams and begin a schedule of one practice and one game a week for the remainder of the season. Requests for friends to play together on the same team will be honored, as long as we are able to maintain competitive balance among the teams. Two 1-hour skates each week – one on Thursday between 4:45-8:30 pm and one on Sundays between Noon-7:00 pm.

Fees:

\$175 registration fee plus installments (\$210, \$210 & \$200)

Class times and dates vary. Please contact Suburban Ice-Macomb for more details. 586-992-8600

## MACOMB HOCKEY CLUB

### House (B) Program

For players ready to play at a more competitive level.

Goals of this program are: Provide a FUN and safe environment to play the game, promote sportsmanship and fair play, parity amongst teams so that every game is meaningful and competitive for the players and educate, encourage and support volunteer coaches. Players are placed at their competitive level so that they enjoy playing the game.

Teams offered in Mite (ages 7-8), Squirt (ages 9-10), Pee Wee (ages 11-12) and Bantam (ages 13-14) age classifications. All practices and games played in-house at Suburban Ice – Macomb. Teams are able to travel to tournaments and scrimmage at other arenas, which the cost is above and beyond the program fees. Players will attend "training camp" during the first portion of the league. Evaluations will be submitted to the MHC staff and teams will be formed with the primary goal of creating parity among all of the teams in the age division so that every game is meaningful and competitive for the players. Program fees cover: ice time, referee fees for league games, home/away jerseys and socks, picture package, year end party and awards.

Fees: \$175 deposit to reserve a spot. 3 program installment fees will apply.

Class times and dates vary. Please contact Suburban Ice-Macomb for more details. 586-992-8600

## ADULT HOCKEY LEAGUES & INSTRUCTIONAL PROGRAMS

### BEGINNER ADULT DEVELOPMENTAL LEAGUE

22 weeks starts October 8

This league is for new players ages 18 and older. The first five weeks will consist of an instructional training camp, with an emphasis on individual skating and puckhandling skills. Players will then be divided into equal teams and receive team jerseys. Teams will have two practices with an emphasis on basic positioning and fundamental skills prior to the beginning of games. The remainder of the season will consist of three games and one practice per month. Games are officiated by instructional staff members to enable them to coach the individual players and the teams on the ice during the play, on the bench and between periods to better facilitate the learning of hockey concepts, specific situations and the nuances of the game. Ice times are scheduled for Sundays between 5:30 and 8:00 pm.

Fees:

\$395 per player/goalies skate free but must pre-register

### LABATT ADULT HOCKEY LEAGUES

B, C and D-level leagues are available for team and individual registration on various nights. More information will be available in August...please call (586) 992-8600 or visit suburbanice.com

### OPEN SKATING

Fees: Weekdays-\$3/admission, \$2/skate rental; Weekends-\$5/adult admission, \$4/children & seniors admission, \$3/skate rental

Days	Times
Monday-Friday	Noon-1:50PM
Saturday & Sunday	2:45-4:35PM
Friday & Saturday	8:15-10:05PM

## SEE PAGE 9 FOR FRIDAY NIGHT FRENZY

### A Family Skate Night at Suburban Ice Macomb







## UPCOMING EVENTS

**COFFEEHOUSE  
CONCERTS**  
Starting in February



**SAVE YOUR FROSTY THE  
SNOWMAN PICTURES!**

**Contest Details to be  
Announced Next Issue**

**MR. E. BUNNY EVENT**  
Lots of Fun for Everyone



**RECREATION CENTER  
PHASE II OPENING**  
Stay Posted for Opening Dates

## 2006 SPONSORS — THANK YOU!

Spalding DeDecker Associates, Inc.  
Huntington Bank  
Michigan Education Savings Program (MESP)  
John Anton Companies  
GTR Builders  
Kristel Cleaning  
Polaris Enterprises  
Oliver Sod Farms  
USA Credit Union  
Central Macomb Optimist Club

## HOW DO I REGISTER FOR A PROGRAM?

### RESIDENT REGISTRATION

**Advanced Registration for Macomb Township Residents will take place Saturday, August 26, 2006 from 8:00AM-11:30AM at the Macomb Township Recreation Center.**

Registrations will NOT be accepted after 11:30AM on this day.

### RESIDENT WALK-IN REGISTRATION

Registrations will be accepted from Macomb Township Residents on Monday, August 28 and Tuesday, August 29 from 8:00AM-8:00PM at the Macomb Township Recreation Center.

### SWIM LESSON REGISTRATION

Registrations for swimming lessons will take place during resident registration. Those individuals wishing to register for swimming lessons who have not previously taken a swim test or participated in our swim lessons must take a swim test. Swimming tests will be conducted on August 26 during the time of registration. Additional swim test dates are August 28-September 1. Please read pages 4-5 in this brochure for detailed description. **Only Resident Registrations will be processed August 26.**

**Registrations will NOT be accepted after 11:30am on this day.**

### MAIL-IN REGISTRATION

Mail-In registrations will be processed on Wednesday, August 30 from 8:00AM-12:00PM. In the event the class is full, you will be notified.

### OPEN REGISTRATION

Beginning Wednesday, August 30 at 12:00PM, open registration will begin for everyone. Registrations will be taken at the following times: Monday-Friday, 8:00AM-8:00PM; Saturdays, 9:00AM-4:00PM; Sundays, 1:00PM-4:00PM.

### CONFIRMATION RECEIPT

If you want a written confirmation receipt mailed to you please include a self-addressed stamped envelope with your registration form and payment.

### PRO-RATE REGISTRATION FEES

Fees cannot be prorated due to late registration or partial attendance.

### CANCELLATIONS

Macomb Township Parks & Recreation reserves the right to cancel a program due to a lack of enrollment or circumstances arising out of its control. If a program is cancelled all registrants will be notified and a full refund of registration fees will be processed.

### RESIDENT DISCOUNT

Macomb Township residents receive a discount on many program registration fees due to their support of the parks and recreation program through a special assessment millage.

**WE ACCEPT CASH AND CHECK PAYMENTS ONLY.**

## REFUND POLICY

### CLASS REFUNDS

Unless noted in a class description, or other published material, customer-initiated refunds will be honored through the first class meeting. If the refund is requested as a household credit, which can be used toward future activities, the entire amount will be credited. If a refund check is requested, it will be mailed within 4 weeks less a \$5.00 processing fee.

Macomb Township Parks & Recreation reserves the right to cancel a program due to a lack of enrollment or circumstances arising out of its control. If a program is cancelled all registrants will be notified and a full refund of registration fees will be processed.

### TRIP REFUNDS

No refunds on 1-day trips and extended travel unless a replacement is found.

### SPECIAL EVENT REFUNDS

There are no refunds on special events.



# MACOMB TOWNSHIP PARKS & RECREATION PROGRAM REGISTRATION FORM

Register by mail or in person:  
Parks & Recreation Office  
20699 Macomb Street  
Macomb, MI 48042  
(Off Broughton Road, south of 25 Mile Road)

Family Name \_\_\_\_\_ First Name \_\_\_\_\_  
(List parent's name if participant is under 18 years of age.)

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_

Emergency Phone (\_\_\_\_) \_\_\_\_\_

Participant's Name (Last/First)	Birthdate (mm/dd/yy)	M/F	Activity Name	Activity Number	Days	Times	Resident Fee	Non-Res. Fee
				—				
				—				
				—				
				—				
				—				
				—				

## TOTAL

# of Tickets (if applicable) \_\_\_\_\_

T-Shirt Size (if applicable) \_\_\_\_\_

Please make check or money order payable to  
"Macomb Township Treasurer". Please do not mail cash.

Special Needs: \_\_\_\_\_

**Macomb Township Release Agreement** - In consideration of being permitted to participate in the township activity or use of any facilities in connection with this activity, the undersigned agrees to the following:

1. The undersigned hereby releases, waives, discharges and covenants not to sue Macomb Township, its employees, officers and agents (herein referred to as "releasees") from all liability to the undersigned his or her personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of injury to the person or property of the undersigned whether caused by any negligent act or omission of the releasees or otherwise while the undersigned is participating in the Township activity or using any facility in connection with the activity.
2. The undersigned hereby agrees to indemnify and hold harmless the releasees from all liability, claims, demands, causes of action, charges, expenses, and attorney fees (including attorney fees to establish the releasee's right to indemnify or incurred on appeal) resulting from involvement in this activity whether caused by any negligent act or omission of the releasees or otherwise.
3. The undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage while upon Township property or participating in the activity or using any facilities and equipment whether caused by any negligent act or omission of releasees or otherwise.

The undersigned expressly agrees that the foregoing release and waiver, indemnity agreement and assumption of risk are intended to be as broad and inclusive as permitted by Michigan law and that if any portion thereof be held invalid, notwithstanding, the balance shall continue in full legal force and effect.

I acknowledge that I have read the foregoing and that I am aware of the legal consequences of this agreement, including that it prevents me from suing the Township or its employees, agents, or officers if I am injured or damaged for any reason as a result of participation in this activity. I further acknowledge that no oral representations; statements or inducements have been made.

If the participants are minors, his or her custodial parent or legal guardian must read and execute this agreement: I hereby warrant that I am the legal guardian or custodial parent of the above listed persons who are minors, and agree, on my own and on said minor's behalf to the terms and conditions of the foregoing agreement.

Signature \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_

Office Use Only      Staff Initials \_\_\_\_\_      Paid by check # \_\_\_\_\_      Paid by cash \_\_\_\_\_



### MACOMB TOWNSHIP OFFICE PHONE NUMBERS

Building Department .....	(586) 992-0710, ext. 1	Finance Office .....	(586) 992-0710, ext. 7
Parks & Recreation Department .....	(586) 992-2900	Supervisor's Office .....	(586) 992-0710, ext. 8
Assessing Department .....	(586) 992-0710, ext. 3	Fire Department Headquarters .....	(586) 286-0030
Planning & Zoning Office .....	(586) 992-0710, ext. 4	Water & Sewer Department .....	(586) 598-0687
Treasurer's Office .....	(586) 992-0710, ext. 5	Water & Sewer (Emergency) .....	(586) 598-1790
Clerk's Office .....	(586) 992-0710, ext. 6		

### FREQUENTLY REQUESTED PHONE NUMBERS

A.Y.S.O. Soccer .....	(586) 739-9797	Macomb Mustangs Lacrosse .....	(586) 247-6407
Boys & Girls Club - Shelby Township .....	(586) 566-5516	Macomb Township Little League .....	www.mtlb.com
Chesterfield Township Parks & Recreation .....	(586) 949-0400	Macomb Township Parks & Recreation Hotline .....	(586) 992-2909
Chippewa Valley School District .....	(586) 723-2000	Metro Beach Metropark .....	(586) 463-4581
Clinton-Macomb Library North Branch .....	(586) 226-5080	Michigan DNR Campground Reservations .....	(800) 44PARKS
Clinton Township Parks & Recreation .....	(586) 286-9336	New Haven School District .....	(586) 749-5123
Clinton Valley Girls Softball .....	(586) 263-1862	Romeo Washington Bruce Parks & Recreation .....	(586) 752-6543
Freedom Hill .....	(586) 979-7010	Shelby Township Parks & Recreation .....	(586) 731-0300
Girl Scouts Macomb County .....	(586) 263-0220	Stony Creek Metropark .....	(586) 781-4242
L'Anse Creuse School District .....	(586) 783-6300	Suburban Ice .....	(586) 992-8600
Macomb County Road Commission .....	(586) 463-8671	United Soccer League .....	(586) 992-2707
Macomb County Sheriff .....	(586) 469-5151	Utica Community School District .....	(586) 797-1000
Macomb Mustangs Football .....	www.macombmustangs.com	Wolcott Mill Metropark .....	(586) 749-5997



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People, Parks & Programs**

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*Recreation Program Coordinator*  
**Patricia M. Allen**  
*Secretary*  
**Telephone (586) 992-2900**  
**Fax (586) 992-2999**  
**Contact us at: parks-rec@macomb-mi.gov**



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